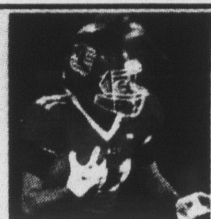




DQ Homestead Celebrating Women's History - Page 16

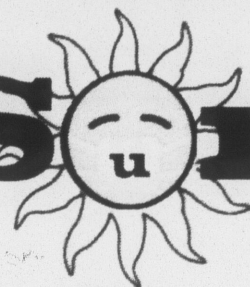
NCSO Blood Drive For 'The Mighty Quinn' - Page 2

Quincy, NQ Football Teams Kick Off Season - Page 17



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The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL 53 No. 27

Thursday, March 18, 2021



THIS BEAUTIFUL SCENIC photo taken by Quincy photographer Karen Walker won first place in the nature category, South Shore Camera Club photo competition. Using a Nikon D850 camera, she captured a rainbow stretching over the golden marsh of Rhoda Street spanning Houghs Neck.

Photo Courtesy Karen Walker

Grades 4-11 Return To School This Month

By SCOTT JACKSON

Nearly all Quincy Public Schools students enrolled in a hybrid learning program will transition to full in-person learning by the end of March, well ahead of the state deadline to do so.

The state is requiring districts to end their remote and hybrid programs for kindergarten to grade 5 by April 5 and for grades 6 to 8 by April 28; there is no deadline yet for grades 9 to

12. Parents can continue to opt their children into fully remote learning through the end of the school year.

In Quincy, hybrid students in grades 1 to 3 made the transition to full in-person classes on Feb. 22 and hybrid students in grade 12 did so on March 1.

During the March 10 School Committee, administrators announced plans to bring all hybrid students in grades 4 to 11 back for full

in-person learning by the end of March.

"We are now planning... to transition more students into in-person learning time," Supt. Kevin Mulvey said.

"We are thrilled to be here tonight to present this plan," Erin Perkins, the assistant superintendent, added. "We know...just how hard this year has been, and we certainly recognize that and absolutely appreciate all

of our parents and our families and their patience as we have navigated through this challenging year."

Hybrid students in grades 4 to 8, as well as those in grade 11, will move to full in-person models on March 22, Perkins said. Hybrid students in grades 9 and 10 will make the same transition one week later on March 29.

The district is also identifying how it can move kin-

Cont'd On Page 11

Manet Vaccinating Quincy School Staff

By SCOTT JACKSON

Manet Community Health Center has begun administering the COVID-19 vaccine to Quincy Public Schools teachers and staff.

Supt. Kevin Mulvey told the School Committee on March 10 that Manet planned to administer 200 doses of the vaccine to school staff the following afternoon.

"We are hoping, and Manet is hoping, that as they

get additional vaccine, we will be able to do more and more," Mulvey said.

Manet gave the QPS employees the Pfizer vaccine, which requires two doses administered 21 days apart. Mulvey said the employees who do receive the vaccine from Manet can schedule their second shot after getting their first dose.

The school department

is trying to schedule the appointments for Thursdays and Fridays to minimize absences if employees encounter any side effects from the vaccine, the superintendent said.

"We are working with Manet to try and schedule these later in the week in the hopes of preventing any disruption to the educational programming in the

schools," he stated.

The district had previously sent out a survey to employees to determine who would be interested in getting the vaccine. The district used a first-come, first-served basis to determine who get the initial 200 doses.

"We picked the people for this first 200 initiative

Cont'd On Page 13

Quincy Getting \$46.3M From Federal Stimulus

By SCOTT JACKSON

The city of Quincy is poised to receive \$46.3 million from the latest federal stimulus package to help offset revenue shortfalls incurred because of the pandemic.

Congress last week approved the \$1.9 trillion American Rescue Plan and President Joe Biden signed

the bill into law on March 11.

At a City Hall press conference Monday, Mayor Thomas Koch, U.S. Rep. Stephen Lynch and Massachusetts House Speaker Ronald Mariano said Quincy would receive \$46.3 million from the package.

During the current fis-

Cont'd On Page 7

Councillors Question \$120 Million Public Safety Building

By SCOTT JACKSON

City councillors on Monday raised questions about the \$120 million bond being sought to build a new public safety headquarters and pay for related infrastructure im-

provements.

Mayor Thomas Koch is seeking to borrow that amount to construct the new public safety building at I Sea St., presently home of

Cont'd On Page 13

Bonenfants Celebrate 70th



ED AND DOROTHY Bonenfant are celebrating 70 years of marriage. Seventy years after they eloped at 18, off a Navy base in North Carolina, Ed and Dorothy sat nestled - albeit socially distanced - amongst balloons and cake, on the third floor of Atria Marina Place. Originally from Maine, the couple has been residing at the North Quincy community for four years. On March 2nd, in the midst of the pandemic, they celebrated their anniversary with their children and grandchildren on video-call; their daughter Julie and son-in-law Phil, joined them as the community hosted a beautiful lobster luncheon in celebration of a long life full of travels and adventures.

Photo Courtesy Atria Marina Place



Preservation Of Butler's Pond: City's Hidden Gem - Page 8

Forum On Anti-Asian Racism March 23 - Page 10

Quincy College Expanding Athletic Programs - Page 18

More Quincy news:

The Quincy Sun.com

Board Gives Quincy Point Pub OK To Reopen

By SCOTT JACKSON
The city's licensing board rescinded the suspension it handed down to a Quincy Point pub, allowing the establishment to reopen immediately.

a three-day suspension on the Craic Pub, located at 536 Washington St., in November for violations of the state's COVID-19 guidelines. In December, the board voted to shut the bar down until phase four of the state's reopening plan begins for additional violations, including an overcrowded Friendsgiving event and serving an underage patron.

than wait until the start of phase four, which is tentatively slated for March 22.

City Clerk Nicole Crispo, the chairperson of the board, said Craic owner Stephen Kelley had requested the suspension be lifted in a letter to the board. Jay Duca, the city's director of inspectional services, made the motion to rescind the suspension.

"I see no reason to rehash anything we talked about at the last meeting and I appreciate the letter," Duca said.

The board then voted 4-1 to rescind the suspension. Cindy DeCristofaro, the health department's chief sanitarian, opposed lifting it.

Peter Pasciucco, Kelley's

attorney, thanked the board for its vote.

"I appreciate it," he said.

Pasciucco added that two appeals pending before state regulators would be withdrawn.

Kelley said he plans to install dividers inside the space to protect customers, though he is not required to do so.

During the March 9 meeting, Crispo said a second Quincy Point establishment received a verbal warning last month for multiple COVID-19 violations from Lt. Peter Turowski, the liquor inspector for the Quincy Police Department.

Turowski issued the warning to Rags Tavern, 375 Washington St., on Feb.

11, Crispo said.

"They were issued a verbal warning and the establishment was brought to full COVID compliance," she stated.

Additional violations will result in a hearing before the licensing board, Crispo said.

In other business March 9, the board approved a request from Jay Shiv Kris Corp. for a change in the d/b/a for the liquor store it operates at 665 Adams St. from Atlas Liquors to Curtis Liquors.

Jay Patel, who owns Curtis Liquors stores in Cohasset and Weymouth, acquired the Adams Street location last summer.

Norfolk Sheriff's Office Awarded Perkins Grant To Develop Workforce Training Program

The Norfolk County Sheriff's Office announces it has been awarded a competitive Perkins planning grant through the Massachusetts Department of Education to develop a workforce training program to provide offenders with valuable training and career certification.

Through the program, the NCISO will partner with Massasoit Community College to enroll offenders as students in the college's HVAC registered pre-apprenticeship program, which provides training in a rapidly growing industry. Drawing on the NCISO's previous investment in distance learning technologies, participants will be able

to take courses from Massasoit Community College instructors remotely while receiving career and educational counseling to help with re-entry.

"This program is a much-needed investment in the successful rehabilitation of offenders," Norfolk County Sheriff Patrick McDermott said. "It provides people with the skills to succeed and make positive choices after release, but it also provides them hope for a productive future. These community partnerships show that rehabilitation is a community effort, and I look forward to developing more partnerships that support individuals and strengthen our

communities."

The program involves strong community participation to ensure that offenders are able to translate their training into success post-release. In addition to a partnership with Massasoit Community College, the NCISO will be working closely with MassHire to provide participants with certification and help secure employment.

The Gavin Foundation will help individuals navigate the various post-release issues that offenders often face, and the Massachusetts Parole Board and Massachusetts Probation Services have agreed to encourage individuals to continue with the program after release.

Norfolk County Sheriff's Office To Host Blood Drive April 8 In Honor Of 'The Mighty Quinn'

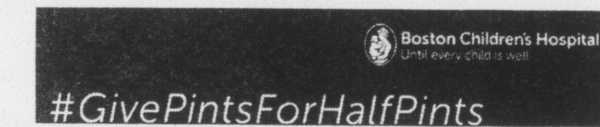
The Norfolk County Sheriff's Office will host a blood drive on Thursday, April 8th, at the Braintree Public Safety Complex to honor Quinn Waters, a five-year-old Weymouth boy known as "The Mighty Quinn" who is undergoing radiation and chemotherapy in his fight against brain cancer.

Quinn has spent most of his life battling brain cancer. Almost two years since his first brain cancer diagnosis, he and his family received the devastating news that the cancer had returned. Quinn had surgery on Feb. 4th followed by six weeks of daily radiation treatments and chemotherapy.

Quinn's family is asking the community to consider donating blood and platelets, which are often in short supply and can significantly help patients battling cancer. The Norfolk County Sheriff's Office is partnering with Boston Children's Hospital to collect donations of blood and platelets from the public and NCISO staff.

Norfolk County Sheriff Patrick McDermott encouraged people to make a donation.

"I cannot think of a better way to honor the courage of Quinn and his family than by helping children fighting cancer through a donation of blood and platelets," McDermott said.



PLEASE JOIN US FOR A BLOOD DRIVE

Thursday, April 8, 2021
9 a.m. - 3 p.m.

Norfolk County Sheriff's Office
2015 Washington Street
Braintree, MA 02184

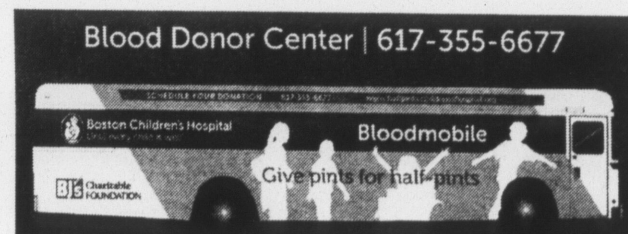
Scheduled appointment required.



This drive is in honor of The Mighty Quinn

To make an appointment please go to:
www.halfpints.childrenshospital.org and use sponsor code: NORSHERFB

For more information contact:
Kara Nyman at: 781-751-3356 or
KNyman@NorfolkSheriffMA.org



McDermott said. "I am praying for Quinn and his family and all of those who are fighting this terrible disease."

One adult donation can benefit up to four patients. All blood donations collected on Boston Children's Hospital's bloodmobile drives are used for the care and treatment of Boston Children's patients.

"Blood drives in honor of patients are very special. Patients like Quinn represent the faces of our recipients, and blood and platelets are essential treatments for children receiving cancer care," said Cyndi MacKinlay, Bloodmobile Coordinator for Boston Children's Hospital. "The Blood Donor Center is grateful the bloodmobile can travel to Massachusetts community partners, like the Norfolk County Sheriff's Office, as

it provides people with a significant means of supporting these children. COVID has stopped many things in our lives, but the need for blood and platelets never stops."

The blood drive will take place on Thursday, April 8th, from 9 a.m. to 3 p.m. at the Braintree Public Safety Complex, 2015 Washington St., Braintree. Because of the COVID-19 pandemic, pre-registration is required. To register for a donation time, visit <https://tinyurl.com/NCISOQuinn> and enter "NORSHERFB" as the Sponsor Code.

A separate drive will be held earlier in the week at the Norfolk County Jail in Dedham for NCISO staff.

For more information, contact Kara Nyman (781) 751-3356 or KNyman@NorfolkSheriffMA.org.

City of Quincy

RABIES VACCINATION & DOG LICENSE REGISTRATION

SATURDAY, APRIL 17, 2021

10:00 A.M. TO 1:00 P.M.

(RAIN OR SHINE)
Richard J. Koch Complex
Parks Department, 1 Merrymount Pkwy
Quincy, MA 02170

RABIES VACCINATION

Fee: \$10.00 Cash Only
Dogs & Cats

Please bring proof of current rabies shot or call the City Clerk's Office to verify expiration date of the rabies shot.

Any dog renewed after May 8, 2021 will be charged a \$10 late fee.

DOG LICENSE

Fee: \$10.00 Cash Only

Please bring proof of current rabies shot or call the City Clerk's Office to verify expiration date of the rabies shot.

RENEW BY MAIL

Please make check payable to:
City of Quincy

Mail to:
Quincy City Clerks Office
1305 Hancock Street, Quincy MA 02169

If you no longer have your dog or have moved out of Quincy: Call us at 617-376-1135 or 1136 so we may update our records.

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CONGRESSMAN STEPHEN LYNCH (fourth from left) joined colleagues in government visiting the COVID-19 vaccine clinic March 6 at 180 Old Colony Ave., Quincy. The elected officials saw first-hand how the partnership between the City of Quincy and Manet Community Health Center is providing access to vaccination to thousands of local residents. With Lynch are (from left to right) Norfolk County District Attorney Michael Morrissey, state Rep. Bruce Ayers, Norfolk County Sheriff Patrick McDermott, Manet CEO Cynthia Sierra and Mayor Thomas Koch.



COVID-19 VACCINATION clinic set up at 180 Old Colony Ave., Quincy. The clinic is a partnership between the City of Quincy and Manet Community Health Center and serves local residents.
Photos Courtesy Manet Community Health Center

Cong. Lynch Visits Manet COVID Vaccination Site

Congressman Stephen Lynch joined colleagues in government including Norfolk County District Attorney Michael Morrissey, state Rep. Bruce Ayers, Norfolk County Sheriff Patrick McDermott, Mayor Thomas Koch and Manet Community Health CEO Cynthia Sierra at a visit to the COVID-19 vaccination clinic at 180 Old Colony Ave. March 6 to see first-hand how the

partnership between the City of Quincy and Manet Community Health Center (Manet) is providing access to vaccination to thousands of local residents.

Manet has been administering vaccinations at 180 Old Colony Avenue since early February, with cooperation and support from the City of Quincy, which has provided the space as well as a vaccine registration

and assistance call center staffed with city employees. To date, Manet has inoculated more than 7,400 people across its five practice sites and administered 540 vaccines during Saturday's clinic.

"We were so pleased to welcome Congressman Lynch and give him the

opportunity to see how his advocacy on our behalf and on behalf of our local residents is truly protecting and saving lives," Sierra said. "He also got to see how our amazing staff are supported by an equally amazing cadre of dedicated volunteers who have been with us since Day One of our vaccine clinics.

We couldn't do this work without the leadership of our elected officials, the support from our community partners or the commitment of our volunteers."

Manet and the city have been working closely together since the early days of the pandemic, initially focused on COVID-19 test-

ing and now also including vaccination. In addition to its vaccination clinics four days a week at the 180 Old Colony Ave. location, Manet offers free walk-in testing at the site on Tuesdays from noon to 4 p.m.

For more information or to schedule an appointment, visit www.manetchc.org.

Squantum School PTO Offering Scholarships

Squantum School Parent Teacher Organization announces it will be offering two scholarships this year awarded to graduating seniors who attended the Squantum School. The scholarships include:

Two \$250 Squantum School PTO scholarships available: one male and one female recipient.

Application forms are available in the guidance of-

fices at North Quincy High School and Quincy High School. Applicants can also pick up applications in the main office at Squantum School.

Applications must be completed and returned to Squantum School on or before Friday, April 30. Scholarship winners will be chosen by lottery drawing under the direction of the Squantum School PTO.

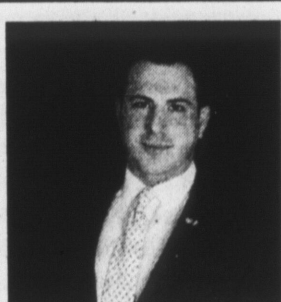
23 Quincy Students On Simmons Dean's List

Twenty-three students from Quincy have been named to the Dean's List for the fall semester at Simmons University in Boston.

They are:

Samin Charepoo, Ella Piroli, Anastasia Zygouras, Winnie Zhou, Christina Nguyen, Ashley Kwan, Vivian Le, Nam Nguyen, Cassie Collins, Ariel Mei, Artemis Mano, Jenny Zhuo, Annie Yang, Sarina Lau, Nejwa Hamad, Jia Ying Chen, Britney Bui-Tran, Ivy Chiu, Josephine Lee, Elena Strato-

berdha, Tanya Zeng, Shirley Chen and Amanda Chan.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Linda Do On LIM Dean's List

Linda Do of Quincy has been named to the Dean's List for the fall semester at LIM College in New York, NY.

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ONLINE: colonialfed.com

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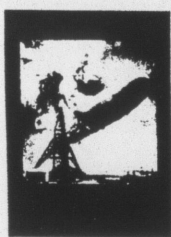
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Moments in time

THE HISTORY CHANNEL

• On April 2, 1513, near present-day St. Augustine, Florida, Spanish explorer Juan Ponce de Leon comes ashore and claims the territory for the Spanish crown. Ponce de Leon is credited with the first recorded landing and the first detailed exploration of the Florida coast.

• On April 1, 1700, English pranksters begin popularizing the annual tradition of playing April Fool's jokes. In keeping with the fun, in 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees.

• On March 31, 1776, future first lady Abigail Adams writes to her husband urging him to "remember the ladies" when drafting a new code of laws for the fledgling nation. Abigail pondered if and how the rights of women would be addressed in an American constitution.

• On April 4, 1841, only 31 days after assuming office, William Henry Harrison, the ninth president of the United States, dies at the White House. At his inauguration, Harrison declined to wear a jacket or hat and made a two-hour speech. Soon afterward, he developed pneumonia.

• On April 3, 1936, Richard Bruno Hauptmann, convicted in the kidnapping and murder of the 20-month-old son of Charles Lindbergh, is executed by electrocution. In 1932, Charles Lindbergh Jr. was kidnapped from the nursery of the Lindbergh home.

• On March 29, 1973, the last U.S. combat troops leave South Vietnam as Hanoi frees the remaining American prisoners of war held in North Vietnam. America's direct eight-year intervention in the Vietnam War was at an end.

• On March 30, 1981, President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by a deranged drifter named John Hinckley Jr. Hinckley had a pathological obsession with the 1976 film "Taxi Driver," in which the main character attempts to assassinate a fictional senator.

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John Parkinson began his apprenticeship to a London apothecary in 1585. He went on to have a distinguished career as a medical practitioner. In 1622, he gave up this career to concentrate on his garden in London's Long Acre. He started researching and writing his first book, *Paradisus in sole paradisus terrestris*. The book included descriptions and illustrations of hundreds of plants, their origins, alternative names and medicinal properties. Parkinson was given the title First Botanist to the King by King Charles I. — Brenda Weaver

Sources: www.parklandgardens.org, wikipedia.org

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AARP Mass. Monthly Fraud Update

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

The AARP Fraud Watch Network is:

• **An Educator:** Get real-time alerts about the latest scams, tips on how to spot them, and the inside scoop on how con artists think so you can outsmart them before they strike.

• **A Watchdog:** Our nationwide scam tracking map gives you access to a network of people who've spotted scams and the opportunity to pass along your own experiences, so together we can beat con artists at their own game.

• **A Resource:** Get connected to a real live person trained in how to avoid fraud and advise you if you or a loved one has been scammed by calling our fraud hotline or attending a forum in your community.

• **Free for Everyone:** Anyone, of any age, can access our resources at no cost.

SCAM ALERT #1: NATIONAL CONSUMER PROTECTION WEEK

It's National Consumer Protection Week —and while AARP is focused on protecting consumers year-round — this is a good time to highlight key tips to keep you safe.

Never give out personal or financial information over the phone or internet — especially if you don't know the person on the other end. Be careful of what links you click on or what numbers you call back. If something seems to be good to be true it is. Lastly, be your own detective by using trusted resources to determine if something is a scam before responding.

One great resource is the Federal Trade Commission and its website, www.consumer.ftc.gov. It has resources to help protect yourself from scams and fraud and ID theft as well as tips on how to maximize your security online.

SCAM ALERT #2: SORTING FACT FROM FICTION WITH VACCINES

At the start of the pandemic, scammers hawked fake cures, treatments and vaccines. Now that vaccines are available, scammers are making bogus offers to move you to the front of the line for getting your vaccine — for a fee. Some are even setting up fake vaccine distribution sites. Unfortunately, this means that consumers looking for a vaccine

appointment have to sort through fake and legitimate information in search for a shot — a process that can be confusing and dangerous.

With thousands of localities taking their own approach to vaccine distribution, it's important to follow guidance provided by local public health officials and trusted health-care providers. When signing up for your vaccine, find out how you will be contacted for any follow-up information or guidance.

SCAM ALERT #3: DEBT RELIEF SCAMS

COVID-19 and the economic downturn have put millions of Americans in financial peril. For most people, one of the first steps to getting back on their feet is getting rid of debt. Enter the con artist.

Shady companies will claim they can remove bankruptcies, liens and bad loans from your record, or even erase a bad credit history completely, helping you start over with a new credit identity. All you have to do is pay an up-front fee.

To avoid falling victim to these scams it's important to remember that no one can remove bad information from your credit report if it is correct and timely. Things like bankruptcy or significant debt can stay on your credit record for up to 10 years. When looking for legitimate help with managing debt, avoid anyone who promises they can erase your debt history, increase your credit score or asks for an advance payment.

SCAM ALERT #4: CONSUMER SENTINEL REPORT

The numbers are in. The Federal Trade Commission released its report of fraud complaints from last year, and it was historically high, due in large part to COVID and the economic downturn. Criminals thrive in times of confusion and 2020 was the perfect storm. Staying on top of COVID related scams was a never-ending game of whack-a-mole for consumers, and the problem hasn't gone away.

Reported losses topped \$3.3 billion — an increase of around \$1.5 billion over the previous year. The top scams were identity theft, impostor scams and online shopping scams. Most of these same scams are still active in 2021, which is why it's important to avoid answering calls from unknown phone numbers or clicking on links from texts or emails from suspicious or unknown senders. And as long as COVID remains a challenge, beware of offers for miracle cure or a shortcut to a vaccine.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Report scams to local law enforcement. For help from AARP, call 1-877-908-3360 or visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork.

BBB Tip: Van Gogh Events - One Artist, Two Shows, Lots Of Ticket Confusion



Art lovers beware! Two exhibits featuring post-impressionist artist Vincent Van Gogh are scheduled to tour select cities in North America, but they are offering two different experiences. The soundalike names of the events are causing confusion, and some fans are frustrated that they bought tickets to one event but then realized it was not the one they wanted.

The exhibit called "Immersive Van Gogh" is described by the promoter as one that allows visitors to see projections of the artist's work on an enormous scale, filling the room. The original exhibition in France was featured on the popular Netflix show "Emily in Paris." Tickets for this event are being sold through VanGoghNYC.com, Ticketmaster and Universe.com. The show is scheduled for New York, Chicago, San Francisco, Dallas, Toronto, Phoenix, and Los Angeles.

A similarly-titled event,

"Van Gogh - The Immersive Experience," is described as offering a virtual reality headset encounter, allowing the visitor to feel as if they are stepping into the artwork. Tickets for the virtual reality show are being sold through a European-based business called Fever, which has had complaints filed by consumers with the Better Business Bureau and as of March 10, 2021 they are in the process of responding to previously unanswered complaints.

Consumers are urged to read everything carefully, so they are clear as to the tick-

ets they are buying.

Before purchasing any tickets, the Better Business Bureau (BBB) recommends the following:

• **Buy only from trusted vendors.** Look for the lock symbol in the web address to indicate a secure purchasing system. Do not click through from emails or online ads. Check the vendor with BBB.org to see what information may be available about the seller.

• **Read the ad and website carefully.** Make sure to read the event description carefully and ensure that it is the one you want. Also be sure the event advertised matches the tickets being purchased. Verify the website selling the tickets also matches the event advertised and is an authorized seller for the event you want. Be wary and do more research if you spot confusing marketing claims.

• **Watch for red flags.** For any ticketed event, always check the terms and

conditions as well as other posted policies. If refund and cancellation policies or other terms and conditions are not posted on an event producer's website, that is a red flag. Lack of contact information for the event producer is also cause for concern.

• **Use payment methods that come with protection.** Always use a credit card so there is some recourse if the tickets are not as promised. Debit cards, wire transfer, or cash transactions are risky; if the tickets are not the ones you intended to buy, you will not be able to get your money back.

• **If you are unsure, verify your tickets.** Go to the arena, museum, or art gallery where the event will be held. Present your ticket to "Will Call" (customer service) and they can verify if your ticket is for the correct event.

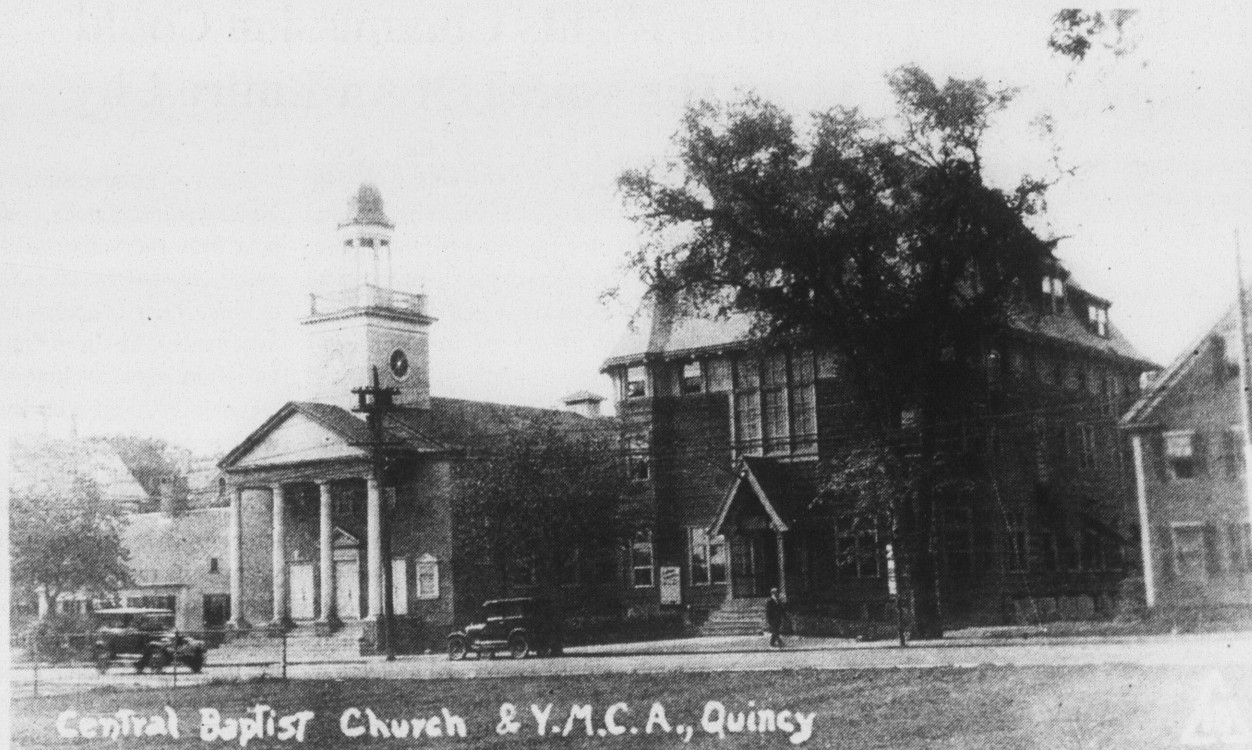
For more tips on event purchasing, go to BBB.org/tickets.

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Scenes From Yesterday



THIS IS A 1926 real photo postcard view from the grounds of the Thomas Crane Public Library on Washington Street in Quincy Center across to the Central Baptist Church on the left and YMCA in the center. The building on the right was owned by Henry Faxon, but was rented out as a private residence. The church was built in 1922 by the Swedish Baptist Church, which moved here from Water Street near Brewers Corner. The congregation of the Calvary Baptist Church then merged

with them and the new church became known as the Central Baptist. The YMCA was built here in 1903-04 and served Quincy's youth for over 50 years until a new YMCA was built on Coddington Street in 1955. That building was later replaced by a new state-of-the-art South Shore YMCA Quincy branch that opened in December 2013. The old YMCA site on Washington Street is now home to the Quincy Mutual Fire Insurance Co. *From the Tom Galvin Postcard Collection*

READERS FORUM

Quincy Police-Community Conversations Disheartened By Mayor's Refusal To Establish Dept. Of Social Justice

The undersigned are members of Quincy Police-Community Conversations [QPCC]. QPCC formed in the summer of July 2020 in response to police killings of Black and brown people, and following the community organizing and demonstrations here in Quincy.

The QPCC meets with Mayor Koch and Police Chief Keenan to share our stories and experiences as citizens of Quincy and to ask questions about what initiatives and programming might best serve the diversity of needs in Quincy and reflect a commitment to antiracist policing and community building.

As a membership: We are the sons and daughters of Quincy. We are the parents of the children of Quincy. We are young and old. We are Black, and brown, and white. We are students, teachers, vital trades people, clergy, legal advocates, activists, engineers, and mediators. We agree with one another. We disagree with one another. We agree with the City. We disagree with the City. We have lived here a long time; for some of us, our lifetime. We exist because we love Quincy and want what is best for her.

In January we wrote to Mayor Koch in support of a Quincy Department of Social Justice and Equity.

The concept of Diversity, Equity, and Inclusion (DE&I) can be seen as both a noun and a verb. DE&I is a value, something of importance and worth; and a competency, an ability or knowledge to which people should aspire. Systems and institutions of power should promote DE&I for the benefit of those people who work inside a given system and for the people outside the system, who are affected by the action (or inaction) of that system. DE&I requires effort and action.

DE&I requires those inside systems or institutions to recruit and promote diversity in workforces and partnerships. It requires the humility of those inside the system or institution to take an honest look at the history of racism and to undertake the work to educate themselves about, and commit themselves to, antiracist practices. DE&I is best achieved when the DE&I initiatives are transparent and obvious, and when they are part of - not adjacent to - leadership and power structures.

The proposal by Councillors Liang, DiBona, and Palmucci for a Department of Social Justice and Equity provided a template for just such a DE&I commitment here in Quincy. As described, and subject of course to public comment, the department would have worked to create opportunities for meaningful and sustained equity and inclusion in Quincy - inside city offices, between those offices and the public, and among members of the public generally. The

director would have access to Mayor Koch and would liaise with the leadership in city departments, including the school department. The department would be data driven.

The QPCC supported the creation of a Department of Social Justice and Equity. We implored the City of Quincy to eschew any feelings of defensiveness and embrace this occasion as an opportunity for Quincy to be a leader in commitment to DE&I. The proposal for a Department of Social Justice and Equity made sense for Quincy, not because she is lost without it, but because she would have been better for it, and - as a strong and proud city - Quincy is capable of undertaking the hard work to realize this important vision. We were not alone in this view. Myriad Quincy residents voiced strong support for the department at public hearings in January.

We are disheartened, therefore, by the news that Mayor Koch unilaterally refused to establish the department, suggesting instead that new hires or repositioning of current staff could accomplish the goals of the department. Worryingly, Mayor Koch has previously stated that he did not "necessarily see the need" and misconstrued the role of the department as having something to do singularly with Human Resources and speculated that other roles and efforts of the department would be outside "their purview under the law." One is left wondering how someone who did not see the value or role of a department in promoting and protecting diversity, equity, and inclusion, could possibly have any genuine plans to actualize any of its goals. Rather, the Mayor's move reflects the very insular and self-justifying thinking that maintains the status quo.

Sincerely,

Tiffany Adams
Manuel Alves
Conevery Bolton Valencius
Sister Marie-Thérèse Browne
Walter Cowham
Claire Donohue
Teodora Laptiste
Albert Lee
Holly Rendle
Nicole Setow
John Theodoris
Rev. Matthew Thomas

More Readers Forum Page 6, 13

Quincy's Yesterdays

This Week
1967
54 Years Ago

Quincy Revaluation Delay Possible, Assessors Say

New property valuations may not be put into effect for 1967 tax bills, the board of assessors disclosed today.

William J. Callahan, chairman of the Board of Assessors, attributed the possibility of a delay to a likely postponement of distribution of State Aid information and the need for time to review the valuation recommendation of Cole, Layer and Trumble.

In the same statement, Mr. Callahan said a board decision to postpone use of the new values until 1968 may not bring on court action to force 1967 use of the new figures. (Editor's note: The 100% valuations contained in the Cole, Layer and Trumble report were never used. Full, fair (100%) valuation of real and personal property was not implemented until FY1984.)

BELLOTTI CLEARED OF CONFLICT OF INTEREST CHARGES

A three-member special committee appointed by Attorney General Elliot Richardson cleared former Lt. Governor Francis X. Bellotti of conflict of interest charges leveled by Richardson during the November 1966 election campaign.

In a two-page report the committee stated that "By virtue and as a result of such an investigation, the committee is satisfied there is no evidence that Francis X. Bellotti performed any acts which were in violation of the conflict of interest sections of Chapter 268A of the General Laws."

QUINCYISMS

The Rev. Msgr. Irving L. Gifford, pastor at Sacred Heart Church, North Quincy, passed away at St. Elizabeth's Hospital, Boston... South Shore TV, 1603 Hancock St., Quincy Center, was offering "Giant Screen Rectangular Motorola Color TVs for Only \$479.95"... Anderson-Little, Grossman Shopping Center, Granite St., was advertising "Boys' Quality Dress Shirts for 95 Cents, Regular Price, \$2"... First National Stores was advertising, "Easter Super Savings, Oven Ready Turkeys, 14-22-pounds average for 29 Cents a Pound"... A daughter was born at Quincy City Hospital to Mr. and Mrs. Robert Derbes of 13 Endicott St., South Quincy... City Council President George G. Burke stated that he expects the City Council to approve Mayor James R. McIntyre's \$30.1 million city budget when the council convenes on Monday, March 20... The Houghs Neck Community Council held an open meeting at the American Legion Hall, Sea St. Guest speakers included James Fitzgerald, who spoke on plans of the MBTA for Quincy and Mayor James R. McIntyre, who spoke on the process of property revaluation... The Rev. Charles L. McEachern, pastor of The Church in the Acres in Springfield, was named minister of the First Baptist Church, Wollaston... The 12th annual donor luncheon of the Women's League of Beth El was held at the synagogue auditorium on Hancock St. Rabbi David Jacobs spoke on "Happy Are They Who Dwell In Thy House"... Marine Pvt. Gerard J. Mahoney, son of Mr. and Mrs. Edward Mahoney, 60 Shawmut St., West Quincy, completed four weeks of individual combat training at Camp Lejeune, North Carolina... The double feature at the Strand Theater, Chestnut St., Quincy Center, included "Funeral in Berlin" starring Michael Caine and "Who's Been Sleeping In My Bed" with Dean Martin... The Quincy City Council, on a 4-to-4 vote, rejected an order to rezone 60 acres of the Montclair marshes from Industrial to Residence A. Voting to rezone were Councillors George B. McDonald, John J. Quinn, J. Vincent Smyth and George G. Burke. Voting against were Councillors Richard W. Barry, Walter J. Hannon, John F. Koegler and Francis X. McCauley. Councillor Clifford Marshall was absent due to illness. (Editor's note: the land in question became the site of the State Street South Complex. The area became one of the largest city taxpayers as well as one of Quincy's largest employers.)... The appointment of the Rev. Peter V. Corea, pastor of the Houghs Neck Congregational Church, to the Quincy Housing Authority was confirmed by the city council. He replaced the Rev. Victor Sawyer whose term had expired. (Editor's note: Dr. Corea served for many years as the board's chairman and was instrumental in the development of senior citizen housing in Quincy. One of the senior buildings was named for Rev. Sawyer: Sawyer Towers.)... The Boston Celtics were in second-place in the NBA's four-team Eastern Division with a 60-21 record, eight games behind Philadelphia.

READERS FORUM

Quincy Needs To Rise To Highest Standards Of Social Justice, Equity

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Mayor Koch,

Of course in a healthy democracy, especially on the most immediate municipal level, there is always the need for investigation, debate and resolution of issues among citizens and leaders, all dedicated to progress for the common good.

Like many other residents we respectfully disagree with your statement in the February 25th Sun interview regarding the Council vote in favor of the Department of Social Justice and Equity:

"Again, I respect the councillors and their wishes, but I think everyone is trying to one up somebody else community-wise in these times we are living in."

We believe strongly that "these times we are living in" absolutely require every community, not to "one up" others, but to rise to the highest standards of social justice and equity. As you note Quincy has done much, but much more needs to be done and the Department of Social Justice and Equity could be the most efficient and effective mechanism to do so.

To that end we are re-submitting our email of 1/29/21-

1/29/2021

Dear Mayor Koch,

As we have written to you previously, we feel strongly that our nation and indeed every community, is at a critical reckoning point to evaluate commu-

nity policing, racial justice and equity. As a City we need to publicize in detail and celebrate what is good; and likewise be transparent and correct what needs to be changed.

Quincy as our life long home is a wonderful city for so many reasons. However, it is not enough at this national and local crossroads to simply state "we do not have the racial or policing problems of other communities." "We are doing enough." We continue to have problems of social justice and equity in our City as the pained and powerful voices of an array of citizens (doubtless representing many more) attested during the public hearing on 1/19/21. Our City government must stand more strongly and effectively for justice and equity.

We firmly believe that the Department of Social Justice and Equity is an essential step to achieving all those goals.

We offer the following considerations.

The City website lists a number of important citizen advocacy committees and commissions, some very active; others variously or not at all:

Asian American Advisory Committee

LGBTQ Commission

Commission on Disabilities

Commission on Women

Council on Aging

Fair Housing Committee

The Human Rights Commission (listed, but not currently funded or active at this critical time.)

The Department of So-

cial Justice and Equity could be an effective resource to revitalize these groups and cooperate with the Department of Constituent Services.

Having a dedicated department and director would provide real standing and authority as part of the Mayor's "cabinet," the director attending all cabinet meetings for communication and coordination of social justice and equity efforts in the City.

The ordinance approved by the City Council 1/19/21 provides the basic guidelines/framework and role of the department director. This is a sufficient foundation on which to build. A reasonable annual salary in the \$75- \$90,000 range for a professionally qualified, full-time director with an operating budget of \$50-\$75,000 (supplemented with a range of available grants from State and Federal agencies and nonprofits) seems appropriate as a starting point. The continued social cost to the City from not taking these steps is far outweighed by the good this department can achieve.

With appropriate planning and leadership this Department of Social Justice and Equity can be an essential effort to reinforce Quincy's reputation and practice as a city welcoming to all and committed to justice and equity for all.

We look forward to your support and reply.

Gratefully,
Mike and Cyndy Cotter
Members of Standout for Black Lives Matter-Quincy
Quincy for Transformative Change

READERS FORUM

Human Rights Commission Could Hear The Voices Of An Entire City

I have been noticing that the issue of race in the City of Quincy has been an ongoing issue of discussion and debate in the community. Does the City of Quincy need a city department created to address issues of race? Or are there other avenues available to deal with these issues?

I do think the number of letters getting sent into The Quincy Sun shows the need for local media outlets. Weekly newspapers give ordinary people a chance to speak out on issues of concern. While much of the media has become superfluous, not local weeklies like The Quincy Sun. The discussion of race playing out on the pages of this newspaper shows positive energy. Now all we need is more lis-

tening of each other's point of view and a willingness to really hear the other points of view. More listening, less yelling means better communication and dialogue.

Here's an idea concerning a middle ground. Over in the City of Revere, where a city Human Rights Commission has been recently reinstated because as Mayor Brian Arrigo of Revere stated, "There was a need for a dedicated body to help focus city policy that would ensure the protection of civil and human rights for all residents, city employees and local leaders. This commission would inform both the mayor and city councillors where things stand and then it would be up to them to develop city policies that address commission find-

ings."

Such a commission if established in Quincy could hear from the voices of the entire city and be an outlet to share their concerns and experiences. I believe Quincy is already a welcoming community to all who live, work or visit here.

I believe that Quincy is a community that has grown stronger over the past 30 years as its racial and ethnic demographics have grown more diverse. Quincy is a far better place than many of its critics seem to believe. Can it be better? Sure it can. Is it going in the right direction? Sure is.

Maybe a Human Rights Commission idea could work here in Quincy, too.

Sal Giarratani
East Boston

There Is A Need For Social Justice Department If You Look

It is not surprising that Mayor Tom Koch, a white native of an increasingly diverse city, does not see the need for the creation of a Department of Social Justice and Equity (Interview, Quincy Sun, 2/25/2021).

It is not surprising that Ed Spring, who wrote a letter praising Koch's decision which appeared in the 3/4 edition of the Quincy Sun, does not see the need for such a department either and in fact considers such an idea insulting. Mr. Spring makes a point of mentioning that he is a Quincy native, implying that fact alone should give his opinion more weight, and both men have lived here for a long time.

As long-time residents they must be aware that the bustling downtown Quincy which was so vibrant a retail area that it earned the nickname "Shopperstown" is gone forever and is never coming back. In its place we have condo buildings on Hancock Street with restaurants on their ground floors. Not one person that I have ever talked to about the condo-ization of Quincy, and I talk to people all the time, of all ages, races, and statuses, has ever said that they

thought that building more condo buildings is a good thing. Not one.

Now the same guy whose disastrous decisions have rendered downtown Quincy unrecognizable and who gave us the eyesore that is currently going up at the North Quincy T stop - Wollaston, you're next - has decided to go against the will of the people again by not following the City Council's ordinance to create the Department of Social Justice. In his rambling interview in the Sun, Koch says that he considers that existing personnel and departments can see to the needs of the various minority groups in Quincy who experience rampant racism every day. (He also mysteriously expresses willingness to hire additional people to "tackle those issues.") He mentions HR as an example of a group which is already in place which can address the needs of minorities - the same HR people who recently selected the very least qualified candidate from the pool of finalists for the important position of superintendent of schools solely because of the color of his skin.

Staffing in the other municipal departments is also

shockingly unrepresentative. This cannot be coincidental, and is the very best example of why we need the new department. Quincy residents of color tried to express their concerns to Mayor Koch in an open hearing which the City Council called, before they voted to create the new department, to hear testimony regarding bias, harassment, and discrimination in all aspects of life in Quincy, but the mayor was too busy (doing what?) to attend or even watch on QATV. However, last summer Mayor Koch found the time to attend a "Back the Blue" rally at Wollaston Beach, which was sponsored by a pro-Trump group, and even to speak to the attendees, so it appears that the mayor has at least some control over his schedule.

Why do we deplore the condo-ization of Quincy, which has altered Quincy forever and which is due to the poor judgment of a single guy, yet trust the very same guy's judgment to decide that Quincy doesn't need a person - yes, the department would consist of one person - whose sole job it is to make sure that all of dear Quincy's residents have the level playing field that they deserve? I do not know what Mayor Koch's motivation is for irreparably changing Quincy while simultaneously insisting that it stay exactly the same, but Mayor Koch: if you "don't see the need" for a department that addresses issues of social justice, it is because you have decided not to look.

Susan Bill
North Quincy

AAA: Gasoline Prices Up 6 Cents

Massachusetts's average gas price is up six cents from last week (\$2.69), averaging \$2.75 per gallon. Monday's price is 28 cents higher than a month ago (\$2.47), and 38 cents higher than March 15, 2020 (\$2.34). Massachusetts's average gas price is 11 cents lower than the national average.

Following last month's winter storm in Texas, the

national gas price average has jumped nearly 40 cents to \$2.86. Prices will continue to increase this week, especially following the Energy Information Administration's (EIA) latest weekly reports showing a second week of major decline in gasoline stocks and a substantial increase in U.S. demand.

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Public Access Channel 8	Government Access Channel 9
Thursday, March 18 5:00pm: Bethany Congregational Church 7:00pm: On the Road with Jazzy Bill	Thursday, March 18 7:00pm: In the Know: Senior Circuit Breaker 8:00pm: City Council: Fin Comm/Pub Hear 3/15
Friday, March 19 5:00pm: Currently in Quincy 8:00pm: NQHS vs. Dennis-Yarm. Football 3/13	Friday, March 19 1:30pm: Elder Update: Quincy's Biggest Loser 7:30pm: Good Deeds: Registry of Deeds
Saturday, March 20 12:00pm: AM Quincy: Kennedy Center Update 1:00pm: The Call	Saturday/Sunday, March 20/21 10:30am: In the Know: Senior Circuit Breaker 11:00am: TCPL Presents: Falls Prevention & Mgmt 12:00pm: City Council: Fin Comm/Pub Hear 3/15 4:00pm: Board of License Commissioners 3/9 5:30pm: TCPL Presents: Quincy's Trees 7:00pm: City Council: Fin Comm/Pub Hear 3/15
Sunday, March 21 10:00am: Bethany Congregational Church 11:30am: Good News	Monday, March 22 1:00pm: City Council: Fin Comm/Pub Hear 3/15 8:00pm: Booby-Trapped: The Bra In America
Monday, March 22 11:30am: Currently in Quincy 7:00pm: CIQ Interview: John Paul, AAA	Tuesday, March 23 4:00pm: LIVE: Board of License Commissioners 5:30pm: LIVE: Zoning Board of Appeals
Tuesday, March 23 7:00-9:00am: LIVE: AM Quincy w/Joe Catalano 7:30pm: Quincy in Focus	Wednesday, March 24 1:30pm: Olde Kids on the Block 7:00pm: Good Deeds: Registry of Deeds
Wednesday, March 24 5:00pm: Good News 7:00pm: The Call	

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

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Quincy Getting \$46.3M From Federal Stimulus

Cont'd From Page 1

cal year, Koch said the city did not make any cuts to municipal services or lay off employees and as a result incurred a \$20 million revenue shortfall that the infusion of federal cash will help pay down.

"This is going to go to good use," Koch said of the \$46.3 million. "This past year, working with the City Council, we kept a stable city if you will. We opted not to make major cuts, we opted not to layoff and add to the burden on the economy, but that cost us more than \$20 million.

"This is going to help us stabilize our city's finances so that we can continue to go forward in a robust way."

About half of the funds will pay for this year's revenue shortfall, while the city can use the remaining money to offset future deficits.

"We have to balance the budget each year, so a good half of it is going to help us stabilize," Koch said. "This money is through 2024, so we are allowed to project the next few years where our shortfalls will be and plan for that, so that we are not back in the same boat."

Lynch said the money can also be spent to pay for costs that arose in light of the pandemic. It cannot, however, be used to cut taxes.

"The city has great discretion in terms of how they would spend the money as long as it is meant to either replace revenues that would have been earned but for the pandemic or other needs that have been driven by the impact of the pandemic," he stated.

"The only one strong limitation in this bill is that cities and towns may not use this to reduce taxes."

The funding should be available within 60 days, Lynch added.

The stimulus package includes a number of other items. They include direct payments of \$1,400 to Americans who make less than \$75,000; an extra \$300 per week in unemployment benefits through Sept. 6; \$27.8 billion for rental assistance; \$10 billion in aid for homeowners; and an expansion of the child tax credit.

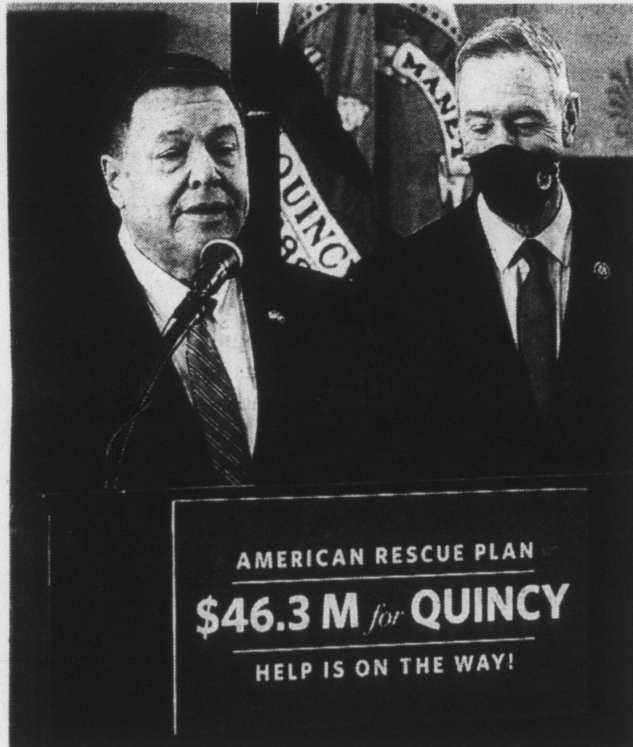
"This bill, the American Rescue Plan, is the largest anti-poverty and the largest child-poverty assistance bill we have passed in about 50 years," Lynch said, adding that it would have a huge impact on those most impacted by the pandemic.

Also included in the bill is \$350 billion to help keep first responders and other essential workers on the job; \$130 billion to reopen K to



CONG. STEPHEN LYNCH (at podium) discussed some details of the American Rescue Plan and how the \$1.9 trillion federal stimulus package will help individuals, families, businesses and municipalities at a press conference Monday in the Great Hall of the James R. McIntyre Government Center (old City Hall). Some of the plan's help for individuals and families is listed on a poster on the left. Quincy is also expected to receive \$46.3 million, Lynch said. Other elected officials on hand for the announcement were (from left) Councillor Noel DiBona, House Speaker and Quincy state representative Ron Mariano, Mayor Thomas Koch and City Council President Nina Liang.

Quincy Sun Photos/Robert Bosworth



"THIS MONEY (\$46.3 million in federal stimulus money for the City of Quincy) is going to help us stabilize our city's finances so that we can continue to go forward in a robust way," Mayor Thomas Koch said Monday at a press conference. At right is Cong. Stephen Lynch.

12 schools; \$20 billion for vaccine distribution; and \$7.6 billion for community health centers.

In addition, the package includes new funding for the Paycheck Protection Program, a program created by the 2020 CARES Act to offer loans to qualifying businesses. It also includes \$28.6 billion for restaurants.

Mariano said the state has taken some measures to assist small businesses amid the pandemic, "but they pale in comparison to what can be done with what the congressman is delivering today."

Massachusetts is set to receive about \$8 billion all together, Mariano said, including funds that will be sent to cities and towns. The total also includes about \$1 billion for the MBTA.

Mariano said the MBTA would likely use the funds to cancel some service cuts that the transit agency

planned to institute with ridership down amid the pandemic. He said the T would also have to be mindful of changes people have made to their routines over the past year, like working from home instead of commuting.

"When these cuts were being discussed, we weren't sure we were going to get this package - this package was never a dead certainty and the amount was certainly up for debate and negotiations - so the T had to go about and do their business, but I'm sure...some of these cuts are going to have to come back," Mariano said.

"But I would look to see how the T is going to change. I think it will change significantly going forward."

Lynch said Congress did not give money to transit agencies like the MBTA for them to turn around and cut services and lay off workers.

"The implication is if you're going to accept the



ALSO ATTENDING Monday's press conference at the Great Hall of the James R. McIntyre Government Center were Cynthia Sierra (left), CEO of Manet Community Health Center, and Quincy School Supt. Kevin Mulvey.

money to run the MBTA, you've got to run the MBTA," he said. "You can't stop providing the services that we just paid you for."

"Remember, this is taxpayer money, so we take the money from the taxpayer, give it to the MBTA, the MBTA cuts the services to the taxpayer," Lynch added. "That doesn't work for me."

The congressman was optimistic the MBTA would reverse course.

"I think we can work it out," he said. "I think common sense is on the side of keeping these bus lines open and keeping the trains running as we move the economy in a good direction."

During Monday's press conference, Mariano said the state's effort to provide the COVID-19 vaccine to residents was headed in the right direction. He noted Massachusetts ranks first in doses administered per capita among the two dozen states with more than five million residents.

"Considering the late

start we got, that's really a remarkable, remarkable achievement," he said.

"I think we're on the right track. The mass sites are working. You're starting to see the smaller sites getting vaccines. It has always been about the availability and what we were getting from the feds and you can only vaccinate using the vaccine the feds were sending us.

"So, the start was extremely slow and sort of disjointed in some respects, but now there is momentum, vaccines are coming, and the mass sites are working very, very well."

Mariano also characterized Gov. Charlie Baker's push to bring elementary and middle school students back to the classroom by April 5 and April 28, respectively, as "very aggressive." He suggested some students might not be back until May because of the logistics involved but said the decision would be made by officials in the executive branch.

"I do think we all share the same goal - we have to get the kids in school. It is about kids attending school safely and with some degree of confidence," said Mariano, a former Quincy school teacher and School Committee member.

"I think the city has done this the right way and many cities around the commonwealth already have kids in school. The one thing the governor keeps saying, which appears to be accurate, is that there has been nothing to prove that kids entering school creates a hot spot for the disease."

The state will not make the COVID-19 vaccine mandatory for teachers or students, Mariano said.

"We're not going to make it mandatory," he stated.

The vaccine is also unlikely to be made mandatory at the city level, Koch said.

"I don't know that the city's school committee would mandate such a thing," he said. "That gets into a real tricky area."

Preservation Of Butler's Pond: Quincy's Hidden Gem

By JOAN DELANEY
Have you ever skated on Butler's Pond?
Or watched as the turtles lumbered up from Butler's Pond to lay their eggs?

Or noticed the fresh-water shrimp or Green Herons that sleep in the trees at night.
Butler's Pond is unique, an open space situated in an

urban area, just half a mile from Quincy City Hall. It is believed the pond was formed by glacial activity. At one time the pond was owned by Boston. Edmund

Quincy "the first" took the pond as payment for debts in 1635. And Dorothy Quincy once skated on the pond. The pond was passed through several private owners. More recently the City of Quincy had thoughts about paving the pond over for a parking lot or playground. Quincy residents revolted. The condition of the pond worsened. And Friends of Butler's Pond was formed.

You can read Tom Scott's history of Butler's Pond at www.butlerspond.org.

In the past, Butler's Pond was quite large. When I was in junior high school, the pond was about twice as large. Central Junior High used it as the course for the 600-yard dash. Gym classes skated on the pond in winter. As homes were built south of Merrymount Road, the pond in this area was filled in. In fact, it wasn't until 1993 when the City was given ownership of the pond from John W. Walsh, Jr., that the preservation of the pond could be regarded

as secure.

In addition to being a recreational site for Quincy residents, the pond needs to remain a healthy environment in order to continue to serve its critical role in the City's stormwater management system. The pond, which is only a few feet deep, at most, has gradually become shallow and polluted due to incoming silt and storm water from its watershed. Also, leaves and lawn fertilizer running into the pond has caused excessive plant growth, known as eutrophication, and low oxygen levels, known as hypoxia.

This year the City plans to restore the pond to improve the water quality, which will increase the diversity of plant and animal life. The dredging is long overdue and vitally important to the ecological restoration and enhancement of the pond, its and surrounding wetlands.

Friends of Butler's Pond (FOBP) is planning several public activities this Spring

and Summer.

For this year's Cleaner Greener Day in Quincy, FOBP will coordinate with the city to clean up the pond on Saturday, May 1 at 10 a.m. Volunteers will be removing and bagging trash, raking mulch around the pond's benches and possibly removing invasive plants.

For the following month, on Saturday, June 5 at 10 a.m., Jessica Cohn, a local resident and ecologist, will be hosting a 45-minute on-site exploration of the pond, ecology, and identification of native and invasive plants.

Other activities will be publicized in the near future.

The Friends of Butler's Pond would like to sincerely thank Mayor Koch, Natural Resources Director David Murphy, and Environmental Scientist Julianne Sullivan for their extensive efforts in support of Butler's Pond. You can sign up for our newsletter and join our cause at www.butlerspond.org.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Lamb Stew

By MARIE

Even though on St. Patrick's Day most people celebrate with traditional corned beef and cabbage, there are still people who like an Irish Lamb stew instead. So today's recipe gives you a choice of what to have for dinner, or even as an additional dish when feeding a crowd.

Ingredients and Directions:

- 1 pound of lamb, cut into bite-sized pieces
- 3 large carrots, peeled and sliced
- 3 garlic cloves, mashed
- 2 large celery stalks, diced
- 1 onion, diced

- 1/2 cup red wine
- 3 tablespoons olive oil
- Salt and pepper to taste
- 2 tablespoons tomato paste
- 1 and 1/2 cup beef broth
- 1 teaspoon thyme

In a large pot, sauté the lamb in olive oil until browned and remove from pan.

Add all of the diced vegetables and sauté for a couple of minutes.

Then add the wine and blend all together. Add the lamb back in the pan, along with the beef broth and tomato paste.

Stir well and cover and simmer on low for one hour.

If you would like, serve with crusty bread or corn bread.

Turkey Zucchini Poppers

By SUZIE

Here is a fantastic and incredibly simple recipe when you are getting bored of the same old things. This is so good for you loaded with protein and vegetables, you can certainly feel good about eating, and serving this to your family!

TURKEY ZUCCHINI POPPERS

- 1 lb. ground organic turkey
- 2 Cups grated zucchini (leave on skin)
- 2-3 green onions, minced
- 3-4 sweet basil, fresh parsley, combo

- 1 Clove garlic, minced
- 1 TSP sea salt
- 1/2 TSP pepper
- 1/2 tsp garlic powder

Instructions: Mix ground turkey and remaining ingredients in large mixing bowl. Spoon out about 9 or 10 nugget size pieces and sauté in olive oil for about 5 minutes on each side.

You can eat them plain or dip in your favorite sauce. I use marinara or aioli! Enjoy!

Lemon Flavored Cupcakes

By MARIE

Today's recipe for a lemon-filled cupcake was one my mother would often make and what a wonderful treat it always was! She knew it was one of my husband's favorite desserts and would surprise him from time-to-time - plus she always made these cupcakes for his birthday.

This recipe calls for lemon filling. You can buy lemon pudding mix or you can make it yourself using the recipe below.

Preheat oven to 375 degrees, line a cupcake tin with cupcake liners - this recipe makes 18 cupcakes.

Ingredients and Recipe:

- 1/2 cup butter
- 1 3/4 all-purpose flour
- 1 cup sugar
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg
- 3/4 cup milk
- 2 teaspoons of lemon flavoring

In a mixing bowl mix the butter and dry ingredients together.

Add the egg and half of the milk, mixing well until everything is moistened and then beat at low speed for 2 minutes.

Add remaining milk and the lemon flavoring beat one minute longer.

Place mixture into the cupcake tins fill-

ing them all the way.

Bake in a 375-degree oven for 18 or 20 minutes or until a toothpick comes out clean.

After they are cooled cut the tops off and fill with lemon filling and then place the tops back on to each cupcake.

Sprinkle with powdered sugar and enjoy.

Lemon Filling from Scratch

- 3/4 cup granulated sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon salt
- 3/4 cup cold water
- 2 egg yolks
- 1 teaspoon grated lemon peel
- Juice of small or medium lemon
- 1 tablespoon butter or margarine

In a saucepan combine sugar, cornstarch and salt.

Add water gradually and whisk until well blended.

Whisk in egg yolks and lemon juice.

Cook over medium heat, stirring constantly until thick and boiling, for at least 5 minutes.

Boil for one minute; remove from heat. Strain through fine mesh strainer.

Stir in lemon zest and butter.

Cool to room temperature, without stirring.

Once cooled top cupcakes following the instructions above.

First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy has online remote worship service and is open for the congregation for limited seats only.

Pastor David Choi will preach his sermon: "Forgiving Life (Ephesians 4:30-32); reader will be George Gardner.

Online dial-in/web meeting weekly schedule:

- Sunday, 10:30 a.m. Sunday Worship Service
- Wednesday, 6:30 p.m. Community Group Meeting - Gospel of John
- Thursday, 6:30 p.m. Bible Class - Epistle of Paul to Romans

• Friday, 11 a.m. Prayer Group Meeting

Call the office for a reservation to worship inside the church building by Thursday: 617-472-0824 and look for Lewann Mina, the church administrator. Visit the church website for the Zoom link.

Quincy Point Congregational Church

March 21 is the fifth Sunday in Lent and online worship is at 10 a.m. on the Quincy Point Congregational Church YouTube channel.

The Lenten Series called, "Holy Vessels" continues this week. The theme this week is "Restoration" and the topic is about environmental health.

Church School for All airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel every Sunday. This week learn about Peter and his role in the story of Jesus' death and resurrection.

Judy and the Missions

Committee present a Meals-To-Go Fundraiser for Texas Storm Relief. Order your vegan friendly "Pasta Dinner" by Tuesday, March 23 (links to sign up on QPCC social media or contact the church office at 617-773-6424) Pick up meals on Friday, March 26. (Palms should also be available on this day).

This a free will donation, which will be matched by the Retirement Housing Foundation. Make checks payable to Quincy Point Congregational Church with memo: "UCC Disaster Relief." For more details about

the fund administration see: <https://www.ucc.org/retirement-housing-foundation-pledges-to-double-winter-storm-relief-donations/>

There will also be an Easter Collection of personal-care items for homeless youth in Quincy serviced via the McKinney-Vento program of Quincy Public Schools. They are requesting regular size containers of: shampoo, conditioner, bodywash or toothpaste.

Return the items to the church weekdays from 9 a.m. to 2 p.m. Ring the doorbell or call 617-773-6424.

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World Water Day 2021: Cleaner Rivers For Massachusetts

By JULIA BLATT
Executive Director
MA Rivers Alliance

As Massachusetts observes World Water Day this year, our state's communities have particular reason to celebrate. The Massachusetts legislature recently enacted (and Governor Baker signed into law) a state sewage notification bill. This important new law has been a long time coming.

World Water Day falls on March 22nd of each year. Since it first became a United Nations Observance Day in 1993, World Water Day has served as a time to think about, and take action to address, the water crisis. In 2021, World Water Day focuses on the environmental, social and cultural value people place on water. The day provides Massachusetts residents an opportunity to consider the importance of clean water. Clean water is not something to take for granted.

On this year's World Water Day, Massachusetts Rivers Alliance, the Voice of Massachusetts Rivers, is celebrating a major step the state has taken toward ensuring safer rivers. For years, Mass Rivers led advocacy efforts with many

partners to pass a state law requiring sewer operators to establish a notification system. The goal was to let the public know when there is a sewage discharge into a public waterbody, so residents could avoid contaminated waters.

Fecal bacteria poses many public health threats, including ear and eye infections, skin rashes, hepatitis, and inflammation of the intestines. Emerging research also suggests that fecal bacteria can spread COVID-19.

Many cities in the Northeast combine sewage and stormwater collection systems, a relic of long-ago urban engineering. These systems are designed to bypass wastewater treatment facilities if the volume of water is too much for the facilities to handle. For these aging systems, heavy rain sends a mixture of untreated sewage and stormwater into local waterways. Until now, there was no way for the public to know when these discharges occurred, leaving people downstream at risk of contact with contaminated waters.

In 2018, an especially large volume of sewage pollution was discharged into the Merrimack River. As

a downstream community, Newburyport bore the brunt of all this sewage winding up in their waters.

The problems experienced in Newburyport, however, are not unique. Sewage discharges regularly harm water quality in our state. In Massachusetts, there are 181 combined sewer overflow (CSO) outfalls, and 24 CSO permittees. In a typical year, Massachusetts' waterways receive almost 3 billion gallons of untreated and partially treated sewage mixed with stormwater from CSOs. These outfalls are concentrated in urban areas, like Fall River, Lawrence, and Lowell, making CSO pollution an environmental justice issue, as the closest waterways to residents of urban neighborhoods may be contaminated without their knowing.

The Massachusetts sewage notification bill was filed during five consecutive legislative sessions. Finally, in the summer of 2020, the bill passed the Massachusetts House of Representatives unanimously, and was sent to the Senate, where it sat until the final hours of the legislative session in January 2021. In quick succession that night, the

Senate voted to pass it, and the House agreed to Senate modifications, sending the bill to the Governor's desk. Governor Baker signed the bill on January 12, 2021.

Raw and partially treated sewage should never be discharged into our waters. Public notification of sewage discharges is an important first step, and Mass Rivers hopes the new law will lead to a greater public willingness to invest in much needed water infrastructure, including separating these combined sewer systems. These are expensive projects, but these investments are critical to protecting our environment, public health and safety, and ensuring environmental justice and climate resiliency. On World Water Day 2021, Mass Rivers encourages all Massachusetts residents to pledge themselves to the goal of clean, safe water for all.

Massachusetts Rivers Alliance is an alliance of 80 organizational members across the Commonwealth. Founded in 2007, Mass Rivers works to strengthen statewide river policies in four areas: water quality, streamflow, wildlife habitat, and investment in green infrastructure.

Social Security Matters Ask Rusty – Does Paying FICA Tax Now Increase My Benefit?

By RUSSELL GLOOR
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: If a person retires at age 66 and continues to work full time, Social Security taxes are still taken out of his weekly paycheck. Will this taxation for Social Security contribute more to the person's Social Security benefit, even if already retired? **Signed: Curious Retiree**

Dear Curious Retiree: Since its inception in 1935, Social Security has been a "pay as you go" program where contributions from those who are working are used to pay benefits to those who are collecting Social Security benefits. That remains true even if, after you start collecting Social Security, you work and pay payroll taxes into the system.

Those Social Security (SS) payroll taxes you are contributing now aren't deposited into a personal account for you, they're used to help pay benefits to all recipients. So, paying SS FICA payroll taxes after you start collecting benefits doesn't affect your benefit payment. However, what might affect your benefit amount is if your current earnings from working are more than any of those in the 35 years used to originally compute your Social Security benefit when you filed.

When you apply for SS benefits, Social Security adjusts every year in your lifetime earnings record for inflation to bring those earlier earnings up to today's dollar values. They then select the 35 highest-earning years over your entire lifetime, and from those 35 highest-earning years they develop your "Average Indexed Monthly Earnings" (AIME). Your AIME, in turn, is used to compute your Social Security benefit at your full retirement age (FRA).

Social Security examines your earnings every year after your earnings for the previous year are reported to Social Security by the IRS. After your benefits have started, and if your current earnings are higher, Social Security will replace an earlier year's earnings with your more recent earnings and recompute your benefit, resulting in a small benefit increase ("small" because it would represent only 1/35th of the average lifetime earnings used to compute your benefit).

A key thing to remember is that each of your past year's earnings (up until you are 60) are adjusted for inflation before computing your benefit amount. So, for example, \$25,000 earned in 1990 is worth more than \$60,000 in today's dollars, and it is the inflation-adjusted amount that your current earnings would need to exceed increase in your benefit. I recently published an article on this topic which you may find helpful: www.socialsecurityreport.org/ask-rusty-does-paying-social-security-payroll-tax-increase-my-benefit/.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Despite Challenges, Mass Bay Credit Union Continues Successful Winter Coat-Drive Tradition

In a normal year, Mass Bay Credit Union branches are bustling with activity in December and January. And in a normal year, the Mass Bay Warm Hands, Warm Hearts clothing drive collected box loads of new and gently worn warmwear to donate to local family, women's and men's shelters.

With branch traffic restricted to appointment only, one could expect the clothing drive to fall through the cracks. But the community credit union, which prides itself on its dedicated community involvement, was not about to let that happen.

In the true spirit of their motto, "Real Banking for Real People," staff worked hard to get the word out to members and together they found creative ways to fill those donation boxes. In all, they collected over 50

warmwear items to donate to the Friends of Boston Homeless for distribution to those in need. If you have new and gently worn clothing and missed this year's drive, simply leave them in any of Mass Bay Credit Union's ATM vestibules and the team will get them to someone in need.

"All of us at Friends of Boston's Homeless are deeply grateful to our great friends at Mass Bay Credit Union for their near two decades of helping our neighbors in need at the Woods Mullen Women's and Southampton Men's Emergency Shelters," says Mariann Bucina Roca, executive director of the Friends of Boston's Homeless. "These warm coats and winter apparel items help our most vulnerable neighbors not only stay healthy and safe, but also help them maintain

their comfort and dignity during an exceptionally difficult time in their lives."

"It's really hard to find a better or more generous organization than the Friends of Boston's Homeless," notes Mass Bay CEO Terry Dorilas. "These items go directly to the community and those in need, immediately. Knowing how critical this need is every New England winter, we really want to thank them for all the great work they do!"

Like all credit unions, Mass Bay Credit Union is owned by the members who choose to do business there. Membership eligibility, such as living in Middlesex, Norfolk or Suffolk counties or a dozen other towns, is located on their website massbaycu.org. Opening a savings account establishes Membership and opens

availability to all other products offered by the credit union.

In addition to its South Boston Headquarters, Mass Bay Credit Union has branches in Everett, Quincy, and the Seaport. Over 19,000 people choose Mass Bay Credit Union for great rates, low fees, and personal service. In addition to offering a full array of deposit and lending products, Mass Bay Credit Union Members have access to over 55,000 surcharge free ATMs and 6,800 credit union branches. In business since 1936, Mass Bay Credit Union has assets in excess of \$275 million. Through its Charitable Foundation, Mass Bay Credit Union carries out many initiatives throughout the year to benefit the people and communities they serve.

Two Quincy Students On MassBay CC Dean's List

Two students from Quincy are have been named to the Dean's List for the fall semester at MassBay Community College in Wellesley Hills.

They are:

Joseph Masoud, studying electrical and computer engineering; and Damilola Ojomo Martin, studying general studies.

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On Saturday, March 6, at approximately 6:30 p.m., Officer Levine was working the North Quincy section of the city. He parked his marked police cruiser in the parking lot of Veterans' Memorial Stadium facing the parking lot of Collins Rest-A-While Playground.

The stadium parking lot is located directly across the street from the playground parking lot. While sitting in his cruiser, he could see three pieces of construction equipment parked in the playground lot. He then observed a light shining in and around the equipment. Officer Levine thought maybe it could have possibly been a dog walker using a flashlight as they were coming out of the woods. The light went out and then reappeared again.

At this point, he pulled out of the stadium parking lot and drove across the street to where the construction equipment was. As he pulled up, he observed a light shining inside the bobcat along with a male sitting inside. As Officer Levine exited his cruiser, the male exited the bobcat and stated that he worked for the company and had left some of his stuff

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

inside and was just retrieving it.

Officer Levine then asked the male party for identification and where in the city he was working today. The male handed Officer Levine his license and stated that he was working right around the area of the playground putting down mulch.

Officer Levine then asked him what company he worked for. The male had to look at the side of the bobcat for the name of the company. Officer Levine then radioed dispatch to send another car to his location.

Officer Levine then requested the male to contact his

boss to confirm that he had permission to be there. The male stated that he was getting paid under the table and he did not want to get in trouble so he could not contact his boss.

Sgt. Lencki arrived on scene and Officer Levine placed the man in handcuffs and informed him that he was not under arrest at this time, but was being detained as Officer Levine investigated further. Officer Levine returned to his cruiser and radioed dispatch to do a warrant check on the male and learned that he had an outstanding warrant out of Dedham District Court for motor vehicle offenses. Officer Levine then informed the male he was now under arrest.

The 30-year-old from Quincy was then transported to the station. While he was being booked, officers contacted several workers from the construction company. All denied that the male in custody worked for the company and stated that the company was not working in Quincy on that day.

The charge of breaking and entering of a truck with the intent to commit felony was then added to the booking.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, MARCH 5

LARCENY/MOTOR VEHICLE, 3:08 p.m., McGrath Highway. Last seen around 1 a.m. Party in QPD lobby filling out form.

LARCENY (possible fraud), 11:03 a.m., Blackwell Street. Caller believes someone stole his Robin Hood card prior to him getting it. Someone attempted to use the card.

SATURDAY, MARCH 6

VANDALISM/PROPERTY (slashed tires), 8:41 a.m., Canton Road. Three out of four tires slashed, blue Toyota Corolla. Report to be filed.

BREAKING AND ENTERING/PAST (party), 6:28 p.m., Collins Rest A-While, 1 Merrymount Parkway. Arrest made. Near construction equipment. Second unit requested, 777 enroute. One in custody for outstanding warrant and break and entering to construction equipment.

LARCENY (in lobby), 8:20 p.m., Farrington Street. \$4,500 taken out of bank account. Reporting party is in lobby. Report.

LARCENY/MOTOR VEHICLE (just stolen), 10:07 p.m., Water Street. Gold Lexus, registration unknown. Keys inside car. MV now abandoned further up the road kids bailed. Black male, 6-feet, black jacket

with fur-lined hood. Ditched vehicle at Water and Liberty. Owner recovered it. Report to be filed. Vehicle back in owner's possession.

SUNDAY, MARCH 7

VANDALISM/PROPERTY (red Honda Civic), 9:18 a.m., Bay State Road. Gray paint all over the car. Car parked in front of the house. Case number given.

MONDAY, MARCH 8

LARCENY (firearms card), 1:34 p.m., Willard Street. Party was given case number.

VANDALISM/PROPERTY (car keyed), 6:18 p.m., Hancock Street. Caller's car was keyed. Damage is from the front to back on both sides of vehicle. Incident closed. Case number provided.

TUESDAY, MARCH 9

LARCENY (wallet), 10:43 a.m., Hancock Street. Postal worker has suspect info. Report.

LARCENY (cash), 4:35 p.m., Father Bill's Place, 38 Broad St. See caller in lobby of Father Bill's. Reports large amount of cash taken. Report to be filed.

LARCENY (past larceny/medication), 5:44 p.m., Seaport Drive. 18 Valium pills missing. Report.

WEDNESDAY, MARCH 10

BREAKING AND ENTERING/PROGRESS (just occurred), 4:43 p.m., Southern Artery. Possible home-

less person just walked into caller's house, party now near River Street heading west. Older white male, black backpack, jeans, balding. Appears to have gash on forehead. EMS. Breaking and entering report and complaints filed. One to South Shore Hospital.

VANDALISM/PROPERTY (rocks), 12:44 p.m., Suomi Road. Arrest made. Neighbor throwing rocks at house about an hour ago. Reporting party has video. Going to speak to a party at Buckley. Arrest.

THURSDAY, MARCH 11

VANDALISM/PROPERTY (past), 7:53 p.m., Greenleaf Street. Reporting party states she now has white paint on her vehicle. She did not witness anything but believes it to be another tenant she has been having problems with, who reportedly owns a white vehicle. Report filed.

Calls For Service: 978

Breaking & Entering in Progress: 700 block Southern Artery

Breaking & Entering MV: Vershire Street, Presidents Lane (4), Avon Way, Monroe Road, Elliot Avenue, Ruthven Street, Montclair Avenue

Larceny MV: Water Street, McGrath Highway

Forum On Anti-Asian Racism March 23

With Rep. Chan, DA Morrissey,
Chief Keenan, QARI CEO Chong

Simulcast On YouTube & Twitter

With Anti-Asian racism, hate crimes, and incidents rising locally and nationally, Norfolk District Attorney Michal Morrissey, Quincy state Rep. Tackey Chan, QARI CEO Philip Chong, local activists and police chiefs are inviting residents of Asian descent to join them in a virtual forum on Tuesday, March 23, from 7 to 8:15 p.m.

"Some in the Asian American community are nervous," Morrissey said. "They hear the hateful misinformation and rhetoric that has circulated nationally related to COVID."

A study from California State University at San Bernardino said that anti-Asian American incidents increased by about 150 percent since the beginning of the COVID crisis, and 133 percent in Boston.

"With more schools moving toward the return of full-time, in-person classes, there are parents nervous for their kids," Morrissey said.

"I will be joined in this forum by the police chiefs in Wellesley, Brookline, Needham, Dover and Quincy. We want to answer questions from the community, and also to hear local concerns and what more local law enforcement can do to help."

The current and former chief of Civil Rights prosecution for Norfolk County, current Assistant District Attorney Peter Tilley and former chief Grace Lee, a Brookline activist and board member of the Asian American Task Force on Domestic Violence, will be making short presentations prior to the question period.

Dover Police Chief Peter McGowan, Needham Chief John Schlittler, Wellesley Chief Jack Pilecki, Brookline Police Chief Mark Morgan, and Quincy Police Chief Paul Keenan will be available to dialog directly with people from their communities.

The event will be simulcast on the Norfolk District

Attorney's Office Facebook page and YouTube channel, NORFOLKDATV.

To obtain the Zoom link, submit questions in any language, or request simultaneous translation to a specific language, send an email to Quincy Asian Resources' CEO at philip@quincyasianresources.org. Please submit questions in any language ASAP to allow time for translation. Live translation will be provided for as many requested languages as possible.

While this event focuses on Quincy as a major population center, plus the Wellesley-Dover-Needham-Brookline area, additional regional events are being contemplated.

"The presentations from the hosts, the chiefs, and speakers will be very brief," Morrissey said. "Our central objective here is to listen, to learn, and to reassure the Asian American community that we recognize what is happening and we want to help."

March Forward Quincy and the Thomas Crane Library have partnered to provide brave space for the Quincy community to deepen our understanding of the world we live in, provide historical context for injustice, and to build a sense of community engagement around social justice. Together, the TCPL and MFQ will be collaborating with several other community groups and organizations.

For the second in its series of community conversations about social justice, TCPL and MFQ will be partnering with DOVE, Domestic Violence Ended, to help create brave space to discuss the ideas expressed in the book "Memorial Drive" by Natasha Trethewey. This program will be held online at 7 p.m. Tuesday, March 23. The first 15-20 minutes of the program will be spent reviewing highlights from the book, and then everyone will be invited to participate in a conversation about how these ideas impact our lives here in Quincy.

While reading the book is recommended, participants may prefer other learning experiences. Thus, it is also recommend that you consider the following resources as alternatives or in addition to the book. Feel free to read, listen or watch any, all or none of these and still participate in the conversation:

- Natasha Trethewey Reckons With Her Mom's Domestic Abuse

- In "Memorial Drive" a Poet Evokes Her Childhood and Confronts Her Mother's Murder

- Why I Write: Natasha Trethewey on Poetry, History, and Social Justice

- Kathryn Jacob gives her Brief But Spectacular take on confronting the pandemic of gender-based violence DOVE is committed to partnering with diverse

Jacqueline Brown On AWHs Honor Roll

Jacqueline Brown of Quincy made the second quarter honor roll at Archbishop Williams High School in Braintree.

An 11th grader, Brown made first honors.

communities, families, and individuals impacted by domestic violence or partner violence. They promote hope, healing, safety, and social change by providing a broad range of preventive and responsive services.

This program is sponsored by the Friends of the Thomas Crane Public Library, March Forward Quincy, and DOVE. Closed captions will be available.

Those who would like to participate are asked to join on Zoom (meeting ID 819 4174 6816). Using the free Zoom app is recommended. You can call (646) 558-8656 and use the same meeting ID to listen to the audio. You may also view the program live on the Crane Public Library's YouTube channel and on its Facebook page.

Her name was inadvertently omitted from the list of honor roll students published in the March 11 edition of The Sun.

The Sun regrets the error.

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Real Estate

Quincy Real Estate Transactions March 8 - March 12

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

1928 Investments LLC
Valbona & Akil Martini
Maryellen Cohnolly
Chao N. & Kai W. Lee
157 Essex Street LLC
Yancarlo D. Fernandez
Lynch Family Irrevocable Trust
Patricia A. Grace & Raymond A. Weatherby, Jr.
Sotiraq & Vjollca Karanxha
Flyhomes Investments MA LLC
Eleuteri Family Irrevocable Real Estate Trust
Hubert & Danielle D. Lam
John J. & Maureen M. Sullivan
Joseph R. & Holly Coughlan
Kimberly A. Kossman
Christine & Andrew Hunt
Winters Realty Trust
Baker Court LLC
Mary D. Murray Family Trust
Hung J. Hoang
Margaret R. Guest
George N. Lang
Bernley Realty Group LLC
Galvcon Development LLC
Ellen M. Quinn
Yan Y. Chiu

BUYER

Steven D. & Samantha A. Stone
Benjamin J. Shellington
CMAR Development LLC
Feiyan Dai
Nick Anousis & Joanne Pappas
Rahul Munot
Jennifer M. & Braden M. Weber
Christie L. D'Andrea
Klarens & Nensi Karanxha
Colin & Cici Campbell
Julia E. & John D. Segale
Derrick Tate & Yanjie Guo
Edward & Kristin Walsh
Shekhar D. & Prachi Madan
Zain Yousaf & Nadia Ayub
Michele A. Houston & Linda F. Morash
Molly & Brandon Green
Daniel T. Flatley & Daniel T. Flatley, Jr.
Ciro V. Fodera & Chelsea S. Norton
7 Shaw Street LLC
Ida Lister & Mark Slater
Francesca Huynh & Shelby H. Y. Poon
Yifu Luo & Congyao MA
Joseph & Holly Coughlan
Gregory & Donna Schmidt
Bobby Hahn

AMOUNT

\$560,000.00
\$835,000.00
\$600,000.00
\$668,000.00
\$710,000.00
\$550,000.00
\$650,000.00
\$810,000.00
\$139,775.00
\$700,000.00
\$450,000.00
\$655,000.00
\$558,000.00
\$605,000.00
\$530,000.00
\$510,000.00
\$650,000.00
\$750,000.00
\$418,000.00
\$692,500.00
\$670,000.00
\$490,000.00
\$572,000.00
\$845,000.00
\$530,000.00
\$248,000.00

ADDRESS

19 Suomi Road
1343 Quincy Shore Drive
135 Rice Road
1 Edwin Street, Unit 2B
157 Essex Street
51 Branch Street, Unit 1
126 Elliot Avenue
37 Sunrise Road
185 Quincy Shore Drive, Unit A-55
135 Winthrop Street
72 Roberts Street
1395 Quincy Shore Drive
50 Bittern Road
18 Cliveden Street, Unit 305W
135 Crescent Street, Unit 7
95 Monroe Road, Unit 2L
44 Hillside Avenue
178 Robertson Street, Unit 7
79-81 Suomi Road, Unit 81B
7 Shaw Street
234 Harvard Street
84 Bartlett Street, Unit B
46 Quarry Street, Unit 2
18 Cliveden Street, Unit 603W
92 Connell Street
77-79 Holbrook Road, Unit 79-1

Register Of Deeds O'Donnell Promotes Homestead Act

Register of Deeds William P. O'Donnell reminds Norfolk County homeowners about the importance of filing for Homestead protection.

"If you own a home, and it is your primary residence, one way to protect it is to file a Homestead," O'Donnell said. "The Homestead law provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000. This is especially important when you consider that for most of us, a home is our most valuable asset. Consumers should take steps to protect that asset."

Another feature of the Homestead law is the allowance for a filing of an Elderly Homestead application, which defines an elder as a person who is 62 years of age or older. This protection can be increased if the elderly couple are each 62

years of age or older and file jointly.

"Back in March of 2011, the Homestead law was updated so that a valid Homestead cannot be terminated when refinancing a mortgage," O'Donnell pointed out. "Other changes that took place back in 2011 state that a Homestead can provide protections for a primary home even if it is kept in trust. The definition of a primary residence was also further expanded to include a manufactured or mobile home."

While a Homestead provides important protections for homeowners, it is important to note there are certain debts that are exempted from protection under the Homestead Act. These include federal, state and local tax liens, as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to

the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead protection statute.

Homestead documents are recorded at the Registry of Deeds for a state imposed fee of \$36. Additional information about the Homestead law, and free applications are available by going to the Registry's website at www.norfolkdeeds.org.

"I want to reiterate that

a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell said.

"While the debt is still owed, homeowners can have peace of mind knowing that with a Homestead recorded at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy most debts. If you have any questions about a Homestead, please contact our Customer Service Center at 781-461-

6101, Monday through Friday between the hours of 8:30 a.m. - 4:30 p.m. Our trained staff are more than willing to answer any questions you may have."

To learn more about these and other Registry of Deeds events and initiatives, like us at [Facebook.com/NorfolkDeeds](https://www.facebook.com/NorfolkDeeds) or follow us on twitter.com/NorfolkDeeds and/or [Instagram.com/NorfolkDeeds](https://www.instagram.com/NorfolkDeeds).

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham.

The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Choosing Lamp Shades: Size, Shape And Style Tips

Ask Barbara Graceffa:
'Secretary Of The Interior'

After my third trip to the home store returning lamp shades, I figured I better reach out to you for advice. How do I find the right size replacement shade? Antoinette

This is a great question because many people are just as bewildered as you and I have seen more than my share of bad choices. For better understanding, let's start with the anatomy of the lamp.

The large bottom of the lamp is called its base and its shape is typically round or square. Above it, we find the neck which connects to the socket, the cylindrical holder into which you screw the light bulb. The wire harp is fitted under the socket and rises to the top of the lamp to hold both the lampshade and, many times, a decorative finial on top.

When choosing a shade, mimic the shape of the base or choose the Empire style. However, if you like the look of a round or oval shade with an angular base, go for it.

Now, follow these simple guidelines. The shade should be two thirds the height of the lamp base and twice as wide. For example, if the base is 12 inches tall, the ideal lampshade should be 8 inches tall. If the width of the lamp base is 5 inches, the width of the bottom of the shade should be 10 inches. (Yet, you can always give an inch or two in either direction.) Finally, your lampshade should always cover the neck, harp, and all the lamp hardware.

There are always exceptions, right? Some very short lamps have chic tall narrow shades or very tall bases like a candlestick lamp don a much shorter shade. If you place a square base on a round table, a round lamp shade nicely complements the table shape. Also, if the shade is too wide for the location you place the lamp - say you are bumping into it every time you enter your foyer, opt for a narrower shade in which the proportion is still pleasing to the eye.

Now come the fashionable choices - what material and style to select. Materials range from silk to rattan while others are made up of strings of wooden beads or seashells. A translucent or light-colored shade allows more light to enter your room while an opaque or darker color (including the shade's lining) creates a moodier atmosphere and limits light transmission. In traditional decor, pleated shades work well while contemporary rooms sport smooth shades.

In closing, my best advice is to bring the lamp, harp, and tape measure to the store when shopping for a new lampshade. If you want to get it right the first time, you will be glad you did.

Do you have a decorating problem needing a professional solution?

Send your questions to barbara@sec-interior.com. Barbara Graceffa owns and operates Secretary of the Interior, an interior decorating company in Quincy, offering creative solutions at reasonable rates.

Learn more at www.sec-interior.com and follow her on Facebook and Instagram @secretaryinteriordesigning. You can reach her at 617-921-6033.

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Councillors Question \$120M Public Safety Building

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the city's police station. The building would house the Police Department, the administrative offices for the Fire Department, and the city's Emergency Management Department.

The \$120 million includes \$90 million to construct the new building and parking garage, which would be built using a guaranteed maximum price contract; \$10 million for furniture, fixtures and equipment for the new building; \$10 million pedestrian and roadway improvements on Broad Street, Southern Artery, Sea Street and Field Street; and \$10 million for contingencies.

The council's finance committee debated the proposed bond for roughly an hour and a half Monday and did not vote on the matter. The committee, which includes all nine councillors, will next meet again on April 5.

City Council President Nina Liang asked the design team to provide further details about the cost estimates for the project at that next meeting. She said the information provided to the council included line items to purchase three microwaves for \$1,000 each, a \$1,000 drain pipe, and \$150 for each clock in the building.

"I've never seen a drain pipe cost that much or a microwave or a clock cost that much," Liang said. "When they come back with those estimates, specifically where they got them from and what vendors they got them from. It would be really helpful to me to understand why we need a \$1,000 microwave, for example."

With the city still dealing with the coronavirus pandemic and its fallout, Councillor Anne Mahoney said she was concerned about borrowing \$120 million to pay for the new building and related improvements on top of the \$32 million

bond already approved for the project.

"Is there a way that we can value engineer this 120 down to 100 and get the same thing with maybe some tightening of the budgets here?" Mahoney said.

"There has to be things in this budget we can have options for more cost effective solutions to be able to get the same thing — people do it all the time when they are building their own homes."

Ward 6 Councillor William Harris said he wanted to see the answers to his colleagues' questions about the project's price.

"It's a big nut we're being asked to do," he said. "Since I've been on the council, I have supported our fire and police and I will continue to do that, but we still answer to the people of Quincy and obviously the questions that have been asked are very important."

Ward 5 Councillor Charles Phelan Jr. said councillors should be cautious about value engineering the proposed building. He said the city took a similar approach when it renovated the current police station in the 1980s and the building has been problematic since.

"From the day it went in, it was nothing but trouble. The cellar flooded the day after it opened after they cut the ribbon. Most of the equipment didn't work," Phelan said. "I want to make sure we're doing the right thing to make sure this works."

Mahoney responded that value engineering is about setting a list of priorities for the project and looking to save money on other items.

"I certainly don't want to cut corners," she said.

Paul Hines, the city's commissioner of public buildings, on Monday said the design of the proposed building is nearly finished and the city is in the process of hiring a construction manager at risk to oversee the project.

Joseph Shea, an engineer with Granite City Partners, said earthwork on site could begin as soon as June and full construction could commence in August. The building would be ready to open in the fall of 2023. The current police station would then be demolished, and final site work completed by the spring or summer of 2024.

The City Council in 2019 approved a \$32 million bond to acquire five parcels of land — four in the vicinity of the police station and the fifth on Quincy Avenue, where a new fire station would be built to house the apparatus now at fire headquarters. The \$32 million also included money for de-

sign, permitting and demolition costs.

Shea on Monday said all five of those parcels have since been acquired and all tenants of the properties have been relocated. Demolition work is ongoing on some of the properties as well.

Father Bill's Place and the Quincy Animal Shelter, both of which operate out of city-owned buildings on Broad Street, have yet to relocate, Shea added. Father Bill's will move to 39 Broad St., one of the parcels the city acquired; and the animal shelter will relocate to a new facility on Quarry Street near the city's dog park.

As part of the project,

the city will elevate Broad Street and the site of the new building to move them above the 100-year flood plain, Shea said. The city will also narrow Broad Street to allow parallel parking and install a new electrical system underground there, which will support the electric vehicle charging stations in the new garage for the public safety building. The garage will have 30 charging stations when it first opens and capacity for up to 200 charging stations.

As part of the project, the city will reopen the road linking Field Street to Broad Street. That means vehicles exiting Broad Street can use the signalized intersection at Field Street and Southern Artery to head southbound

on Southern Artery rather than taking a left-hand turn from Broad Street.

Shea said the city will install a new divider on Southern Artery to stop vehicles from taking left-hand turns across the opposing traffic lanes. The divider will have a wrought-iron fence on top of it to stop pedestrians from cutting across Southern Artery as well.

The vehicular entrance on Sea Street will be placed opposite the entrance to Mount Wollaston Cemetery, Shea said, and new traffic lights will be added there as well. The lights could be used to stop traffic on Sea Street if police need to exit the site or if there is a large funeral at the cemetery.

\$23 Million Sought For Quincy College Building

By SCOTT JACKSON

Mayor Thomas Koch on Monday proposed borrowing \$23 million to acquire two parcels of land to provide a new home for Quincy College as well as a taking order for those properties.

The mayor in 2019 announced he would seek to acquire the Munroe Building at 1227 Hancock St. The building would be razed and a new building — with room for both Quincy College and municipal offices — would be constructed in its place, he said at the time.

Koch introduced the order to take the Munroe Building and the undeveloped parking lot at 1177 Hancock St. during Monday's City Council meeting. The administration also recommended the council award the owner of those parcels, the Grossman Munroe Trust, a total of \$15 million for those properties.

The funds to pay for those building would come from a \$23 million bond the mayor also introduced

Monday. The bond would also include funds for initial design costs.

Both items were referred to the council's finance committee Monday — and the bond was also referred to the oversight committee.

Councillors Anne Mahoney and Brian Palmucci voted against sending those items to committee Monday.

Mahoney said she wanted to know why the bond order referred to only Quincy College whereas Koch had previously said the building would be used for both Quincy College and as a replacement for the City Hall annex building. She said it would also be important to learn more about the college's financial situation before considering the items.

"What are the finances for Quincy College, what are the plans for Quincy College, and how do we get to a point where Quincy College truly is zero impact to the taxpayers of the city of Quincy," said Mahoney, who had introduced a re-

solve seeking an update on the college two weeks ago.

"Without having some insight into that, I think we should really tread lightly before we start spending any money or putting any money into finance for a full discussion."

Palmucci likewise said he was concerned the bond order only referred to Quincy College. He said he would prefer it be a city-owned building that the college would lease.

"The college is pseudo department of the city with separate governance that the City Council has no oversight over. I support finding and/or building the college a permanent home. If the college is sustainable, I support that without a doubt," Palmucci said.

"However, in my opin-

Griffin Batson On Dean's List

Griffin Batson of Quincy has been named to the dean's list for the fall term at Centre College in Danville, KY.

ion, that must be in a city-owned building in which the college rents, not a building that the city purchases for the college."

City Council President Nina Liang said the administration had been prepared to make a presentation relative to the proposal Monday, but she asked them to wait for the committee hearing to do so.

"The administration did have a brief presentation they wanted to present tonight, but I came into it with the understanding that this, not unlike a lot of financial items that come before us, we would move it into committee for more in-depth conversations," Liang said.

"It was my call as the council president to do it as such."

A graduate of Saint Andrew's School, he is the son of Wayne and Christine Batson.

READERS FORUM

A Sincere Thank You From The Mitchells

Dear Readers,

A Christmas morning fire in our Braintree home left our house a total loss. With only the clothes on our backs, we escaped the flames.

From this devastating event we learned of the kindness of people who stopped by our burned out home to offer sympathy and give donations to help us with looming expenses. Others gave to the funds established to assist us as we

rebuild our lives. A neighbor held a clothes drive, and the response was overwhelming.

To everyone who has offered kind words, monetary donations, gift cards, or prayers and well wishes, we thank you. Please know we are grateful, and we will keep you in our hearts as we make plans to rebuild.

Sincerely,

Lynda and
Richard Mitchell

Manet Vaccinating Quincy School Staff

Cont'd From Page 1

based on the survey entry time. We thought that was the fairest way — first-come, first-served," Mulvey said, noting that all educational staff were invited to fill out the survey, including bus drivers, bus monitors, custodians, cafeteria workers and teachers.

Other staff members had already been able to get the vaccine from other providers, Mulvey said.

"Our educators and educational staff have been very proactive in making their own appointments and a good many have already been vaccinated," he said.

During the meeting, Mulvey also provided an update on the school system's pooled COVID-19 testing program.

Some 225 students and staff members were enrolled in the pooled testing initiative as of the March 10 meeting, Mulvey said. There was one positive case reported during the prior week's testing using the pooled method.

The pooled testing program was initially made available to students in grades 1 to 3, along with their staff members, after they made the transition to full in-person learning. Mul-

vey said the program would be expanded to all grades as they transition from hybrid to full in-person learning.

"We are hopeful as parents see how easy it is and how beneficial the data that we get from the pool testing initiative relative to how safe the schools are... we will hopefully convince more and more students and staff to participate," he said. "The data is important to us. It will substantiate, we believe, the safety of our schools relative to in-school transmission."

The state has agreed to pay for the costs of the

pooled testing program through April 18, the superintendent added; he was optimistic the state would continue funding the program after that date as well.

Overall, Mulvey said 32 students and nine staff members had tested positive for COVID-19 during the two-week period from Feb. 24 to March 9. Of those students, 12 were enrolled in fully in-person programs, 11 were fully remote and nine were hybrid learners.

There was "no evidence of in-school transmission for these weeks," Mulvey added.

Hatches, Horns, Trunks, Windows, Tires, Engine Lights

Ask John Paul: AAA New England's Car Doctor

I think you answered this question before and hoping you will answer it again. I have a 2014 Honda CR-V and sometimes the hatch won't unlatch. Now this only happens when it is cold out (inconvenient for me and hard for a shop to check). Do you have any idea what the problem is?

Once you have checked the switch and wiring the common problem is the latch. The latch/actuator combination costs about \$70 and it takes about an hour to install it.

My car is due for state inspection soon and the horn doesn't work. The car is an older Toyota Corolla, and I don't want to put too much money into it. Can I wire a horn button to the dash and would that pass the inspection? I have checked the horn and fuse and they look fine.

The problem is most likely a faulty ground circuit to the horn. The horn uses the airbag clock spring as a ground. Generally, when this happens the airbag warning light will also flash intermittently or flash multiple times when the car is started. The ground circuit can be tested by grounding the wire just before the clock-spring and see if the horn works. Although you could wire a horn button I suspect you will have or already have an airbag issue and replacing the clock-spring would be the correct repair. Plan to spend about \$500 to get the problem solved.

I have a Subaru Legacy and the release for the trunk doesn't work. I can open it with the key but it is handy to open the trunk from the inside of the car. I have looked at it and know the cable is broken. Is there an easy way to fix this or does the cable need replacement? Can I do it myself?

Unless the cable simply jumped off its perch on the button or latch the cable will need replacing. It isn't difficult work but does require a certain amount of disassembly of the interior and trunk to "fish" the cable through the car. If the cable moves with the interior lever, it may be the cable has stretched. You could try adding a couple of rubber grommets to the cable at the latch to take up the slack. If you decide you want to tackle the repair, budget out a half a day and the part can be purchased online for \$30-\$40.

A few years ago, I had a front window replaced due to a crack in the window during the winter. While replacing the glass the person from the company said he would give me a tip for winter defrosting. He said put it on partial window defrost and warming the inside to be sure the heat on a cold window wouldn't cause possible cracking. He said it takes a little longer but is safer. Is that correct?

I would agree if the heat in the car was instantaneous, but it isn't. As the engine runs it warms the water in the heater and the air temperature of the defroster goes from cold to warm to hot and warms the glass slowly. One area that I have seen something like this happen is at a car wash on a cold day. The car is hot the windshield is warm, and the car wash water is cold, and the glass has a defect/tiny chip. The interesting thing about glass is it has a memory. If there is a small chip or crack and the temperature changed quickly it could cause that crack or chip to spread.

My 2008 VW Passat would not crank on a recent morning when it was very cold. I bought it used last year and had no idea how old the battery is, so I put a battery charger on it and waited a few hours. It still would not crank. I called my mechanic and he towed it to his garage, attempted to jump start it but it would not so they pushed it into the garage for the night. Saturday morning, they went to work on it, and it started right up. They put it outside in the cold and it started every time they tried it. They left it outside all day through Sunday into Monday (it was very cold Sunday), it started right up Monday morning and has ever since. My teenage daughter drives this car so I need it to be reliable, my mechanic

said he could put a starter in (\$550) but would not recommend it because he's not sure. Any ideas?

If the shop tested the battery, they may have cleaned the battery connections and that may have solved the problem. It doesn't take much corrosion at a battery cable to keep an engine from cranking over. A no start/no crank in a Volkswagen only has so many possibilities. The battery, battery cables, starter motor (which includes the starter solenoid) and ignition switch. If the battery and cables test out as being good, there isn't much left to check. At that point, replacing the starter in your 13 year-old VW may be money well spent.

My son owns a 2007 Honda Accord- which has 50,000 miles on it and the "check engine" light came on. He brought it to an auto repair shop, they were busy and couldn't test the engine to read the codes. They told him he would need an appointment, and not to worry about it unless the light "flashes". They told him people drive for months with check engine lights on. Do you agree for him not to worry unless it starts "flashing"? We also did some Google searches and saw that people have had major problems with this model. I hope my son doesn't end up having major problems with this car in the future. My other question is, my son just ordered a code reader-do these work?

The garage is correct that you should stop driving a car with a flashing check-engine-light. A flashing check-engine-light indicates a engine misfire which can result in damage to the catalytic converter. A steady check-engine-light can be on, from something as simple as a loose gas cap to a malfunctioning sensor. A check engine light should not be ignored since it could affect fuel economy and vehicle emissions. Regarding code readers, they are handy to read a code, they will not tell you what the actual issue with the car is. Once you have the code, then there is a specific procedure to test and isolate the problem. Google is a great search engine but I would not base a car's reputation on what I have read on the internet, especially a 14 year old car.

I'm almost 80 years old and can't clean the inside of my rear window because of my age and the slant of the glass. It's Toyota Avalon. I thought I saw something on TV with a handle that looked like a flyswatter with a sponge on the end. Are you familiar with anything like this? I want to get rid of that film buildup.

I have also seen that window cleaning product "as seen on TV." I have never used one, but the idea is good. A long-handled tool that is flexible/springy enough to keep even pressure on the window, that allows for easier cleaning. When completed I would wrap a microfiber cloth around the sponge just to finish off the cleaning process.

Q. I have a 2017 Ford Truck F350 4WD Super Duty that I use for my landscape business and plowing. The heat on the driver's side isn't working. I took it into my repair shop, and they found that the temperature blend door was binding up. They replaced the heater box and it worked for about a month and the same thing happened. No one wants to plow snow in a truck with bad heat. Any ideas on this?

Ford issued two technical service bulletins. When the temperature is very cold and you have poor heat on one side of the truck, the fix is a replacement heater core. The second bulletin describes a binding temperature door actuator. The TSB is titled Lack of Heat or Cooling from the Cabin Vents - Temperature Door or Door Actuator Binding/Inoperative - DTC B1081:07. The repair is quite extensive, and it may make sense that you are this far into the repair to replace the heater core at the same time, since it will be out in the open.

About a month ago I purchased four new tires for my car. After about three weeks a low tire warning came on. I checked the tires, and the driver rear tire was low. I aired it up and about three days later it was low again.



JOHN PAUL
AAA's Car Doctor

I went back to the tire store and they told me it was a nail in the tire. It was repaired. I have two questions; I drove the car for five years and never had a nail in any tire. Was this because they are cheaper tires and is the repaired tire safe?

Flat tires happen. The quality of the tire has nothing to do with if a nail will puncture it or not. If the tire was repaired properly using a plug/patch combination, there is no reason to think the tire isn't as good as new.

1996 Acura RL and when I'm out on the highway the car will just randomly rock from side to side. If I slow down it will feel fine, the faster I drive the worse it feels. The shake seems to be coming from the back of the car. Could it be a faulty spring or shock that is causing this shake?

Certainly, all of the suspension components should be evaluated as part of the inspection to find the shake. I suspect that you may have a damaged wheel or tire with a slipped belt, sometimes called separation. When this happens, the sidewall will get weak and shift and cause the tire to track poorly. If the tire was on the front you would feel the vibration at lower speeds as well, but on the rear of the car a tire with belt separation will rock or shake at higher speeds. Have the tires inspected as soon as possible before you have a "blowout" while driving.

My very dependable 2005 Chrysler 300 has a vibration that only happens when I'm slowing down on the highway to take an exit. The vibration is in the steering wheel and only when my foot is on the brake to slow down. I have owned this car since new and never have done much more than replaced all the fluids and tires.

I suspect you have an out-of-round brake rotor combined with a little suspension wear. As the brake rotors get hot the vibration will get worse. As you are slowing down to take the exit the rotors start to build up heat then as you apply more brake pressure the vibration gets worse.

How do I lower the headlights on a 2014 Toyota Tacoma? I get flashed often because the lights are high on a low beam setting. I asked at the dealership and they will charge me \$79 to lower the lights. I know there is a screw that needs to be turned to set the lights, but I can't find the screw in this exact model. Help, I'm just trying to be safe and save some money.

The first thing to do is check the overall headlight alignment. There is a specific procedure to do this, using light board and parking 25 feet away. The alignment should be checked on both low and high beam settings. Although there are only two adjustments, vertical and horizontal, it is easy to get the headlights further out of adjustment, making the lights offensive and ineffective. Perhaps to save a little money if there is a vocational school near you, they would be willing to make the necessary adjustments as part of a lighting lesson.

I just recently purchased a new car, my first new car. How soon can I wax it? I once heard that you should wait before you wax a new car.

Years ago, especially with newly painted cars, the rule was wash it in a week and wax in a month. With your new car you can wax it as soon as you get it home. In fact, the sooner you wax it there will be less chance of environmental damage from road debris, acid rain, decomposing leaves and bird droppings. This time of year, if you are going to wax your car find a heated garage, wax likes temperatures above 50 degrees. The colder the temperatures the longer it will take for the wax to dry. Today there are also lots of choices when it comes to wax. There are spray-on (quick and easy), liquid waxes (more work and lasts longer) paste wax and carnauba and ceramic and hybrid ceramic coatings.

I have a 1966 Jeep CJ-5 with a V-6 engine, it generally runs pretty well but the engine bogs down when accelerating. I have replaced the spark plugs and plug wires and the timing was checked it was slightly advanced.

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Ask John Paul: AAA New England's Car Doctor

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Any thoughts on this?

This is a case when starting at the beginning makes sense. Check the ignition points and point gap (dwell), check the ignition coil for a strong spark, check the fuel pressure and volume. I would also be looking at both the distributor vacuum and mechanical advance. The carburetor is a 2-barrel which was very common on your Jeep's Buick derived engine. There should be two strong jets of fuel squirting down the carburetor when accelerating. Typically, with that carburetor, the accelerator pump gets lazy and there are a couple of springs and check balls that stick and cause fuel flow issues. Rebuilding that carburetor is not difficult but the main components should be soaked overnight in a special cleaning solution to clean up all the internal passageways.

What are your thoughts on those small jumpstart boxes? Some are the size of a paperback book with small jumper cables attached. Do they work? What do you use at AAA?

At first, I was concerned with voltage spiking from the Li-ion batteries but they have become very popular and maybe my concerns were unfounded. I have tried different units from WORX, NOCO and Scosche and they all work and worked well. Based on what I have seen personally I have one in each of my family vehicles as part of my emergency kit. At AAA where we use jumper packs 24 hours a day, we use a more robust unit with a larger sealed and serviceable lead acid battery.

I love old cars and would love to restore one, but don't have the space or budget to buy and restore an old car. Now that I'm retired, I'm looking for a hobby. Any thoughts?

Many people collect vintage oil and gas products, sometimes called Petroliana. This can be an addictive hobby, researching, finding and restoring and even sometimes reselling vintage signs, gas pump globes and even oil cans. Some others will find and restore pedal cars. The cars were once a fun way for kids to get around, but original cars from the 1950s and 1960s can sell for several thousand dollars. If you just like mechanical tinkering small engines and vintage minibikes can be a fun project. Finally, you could volunteer at a car museum.

I have a 10-year-old minivan and I have a volt gauge in it. Two weeks ago, I replaced the original battery, and everything was fine, I thought. Lately when I'm driving on the highway the voltage (charging gauge) doesn't show the alternator is charging. Concerned my new battery would go dead I replaced the alternator. Even with the new alternator on the highway the alternator doesn't seem to charge. What is wrong?

Perhaps nothing. The alternator uses horsepower to recharge the battery, horsepower comes at the expense of fuel economy. Many manufacturers will limit charging when there is low electrical demand to maximize fuel economy. Next time you are on the highway turn on the lights, wipers and rear defroster and then check the voltage. Chances are with the additional electrical load you will see the alternator charging as designed.

My 2004 Toyota Camry's trunk will not open with the remote. When pressed, the signal sounds but the lid stays closed. The remote works for the other functions, locking and unlocking the doors. We have two remotes and neither works.

The trunk lock actuator is likely the problem. It is a simple two wire connection so relatively easy to check. If there is no current to the actuator, then the wiring will need to be inspected for an open circuit. One other possibility, some aftermarket and dealer installed remote lock systems have a hidden valet setting the keeps the trunk locked. Also, the mechanical trunk release on some models also has a valet setting.

I am looking at enclosed cargo trailers to carry my remote-control airplanes and tow behind my Kia Sportage. A small 4-by-6-foot cargo trailer would probably work just fine. As I am shopping these trailers seem to go from a low price of \$2,000 to as much as \$3,500. To me they all look the same. Any idea why the wide range in prices?

To some extent you get what you pay for. The more expensive trailers may have larger tires, side doors, roof vents, customizable cargo systems and carry more weight. The more expensive trailers have stronger constructed frames and thicker exterior skin. The floor material could higher quality and more durable. Also do not think the weight of the trailer indicates quality. I have seen some solid trailers that used aluminum to keep down weight but added additional strength. As you are shopping the markup on trailers can vary, I like to buy local, but some dealers just charge more for the same trailer, so it pays to shop around.

It seems as if every time I bring my car in for service

(7,500 miles) the shop tells me that I need a cabin filter. I like to do what is necessary for car maintenance but every oil change to replace this filter seems excessive. I do not know anything about cars, so I am not going to check it myself. If my house does not have a dust filter, why do I need one in my car? Will it cause any problems if I have the shop remove it and do not replace it?

Your house may in fact have an air filter. And just like a furnace filter I would not remove the pollen/dust filter in your car. The typical life of a cabin air filter is 20,000-30,000 miles. With my cars I do check the filters and replace them when they are dirty - sometimes in as little as 15,000 miles. I would ask the service facility to see the condition of the filters, just to make sure they are in fact dirty. Some lube shops and even dealerships will just recommend replacement because they do not see a new filter in their record keeping system.

My Mini Cooper convertible drivers' side windshield wiper makes a loud noise when doing its job. Now I do not drive this car often in the winter but when I do it is annoying. When the wiper reaches the top part of the windshield it chatters when it starts the return. I have changed the blade which did not help. This has been going on for about six months and no one seems to know how to correct the problem. The passenger side works fine. I have cleaned the window with vinegar and when

that did not work, I used car wax on the glass and that made the windows shine but only made matters worse. Any ideas?

More than likely the wiper arm is not sitting parallel to the windshield. Over time the windshield wiper arms will sometimes change shape just enough to cause the wiper blades to chatter. This can happen over the winter with snow and ice buildup on the wiper arms. A slight adjustment to the arms (a slight twist with an adjustable wrench) is usually all it will take to quiet the wiper down.

I bought a used car and after a few weeks I heard a noise when I first started the car. The noise may have been there from the beginning, but I just noticed it. I brought car back to dealer and after having it for an hour or so they heard something, but the engine is operating normally. They did say if it gets worse bring the car back. They also told me I should not be concerned because the car is covered by their own extended warranty for 100,000 miles. What do you think?

Many engines make a slight noise on startup and it is perfectly normal and does not affect the life/performance of the engine. At this point I would get a second opinion from an impartial shop. If the second opinion is that the noise is normal/typical then take the dealer's advice and just monitor the noise. If the noise gets louder, return to the dealer and have them inspect/repair the engine.

Planning a Trip in 2021? You're Not Alone, But Be Prepared for a Different Travel Experience

AAA advises working with a trusted travel agent; tools to help travelers plan a safe and fun getaway

More than one year since the COVID-19 pandemic upended nearly all travel plans, many Americans are eagerly awaiting their next chance to get out once again and explore. Whether planning a trip for spring break or summer, or dreaming of a trip later on, AAA Travel experts advise would-be travelers that things will look very different than the last time many took a vacation.

"The entire travel experience has been transformed by COVID-19. If you're considering travel sometime this year, it's more important than ever to do your due diligence ahead of any trip to ensure it is safe and enjoyable," said Mary Maguire, director of Public and Government Affairs. "As vaccines help boost consumer confidence to begin traveling again, we have to remember that wearing masks and social distancing are likely still a requirement."

What Travelers Can Expect

• **Masks** - Face coverings are required on planes, buses, trains and other forms of public transportation traveling into, within or out of the United States, and in U.S. transportation hubs such as airports and stations. Outside of these transportation requirements, states—and some establishments—have mandates and/or restrictions on where and when masks must be worn.

• **Auto** - Road trips to domestic destinations continue to be the preferred way for many to travel, but even these trips require additional planning and preparation. Those who make the decision to travel by car can

refer to AAA's COVID-19 Travel Restrictions Map and TripTik.AAA.com for the latest state and local travel restrictions, and to identify which rest stops, gas stations, restaurants and hotels are open along their route.

• **Car** - If renting a car, ask what has been done to clean the vehicle. Hertz, for example, has introduced Hertz Gold Standard Clean, an enhanced vehicle disinfectant and sanitization process. For extra peace of mind, use disinfecting wipes to wipe down door handles, steering wheels, shifters and control panels.

• **Hotels** - Prior to any hotel stay, call ahead to ensure your hotel is open and ask what precautions they are taking to protect guests. Ask about social distancing protocols like capacity reductions, hotel staff requirements to wear masks at all times and if all amenities are available, like restaurant dining.

• **Air** - AAA cautions air travelers that in-flight amenities, including food and beverage services, may be limited or unavailable. Some airlines continue to limit flight capacities or block middle seats to allow for social distancing. Due to COVID-19, TSA is allowing one oversized liquid hand sanitizer container, up to 12 ounces per passenger, in carry-on bags, rather than limiting those to 3.4 ounces. Masks are also required at airports and on planes.

• **International Air Travel** - All air passengers coming to the United States, including U.S. citizens, are required to have a negative COVID-19 test result or documentation of recovery from COVID-19 before they

board a flight to the United States. Travelers who don't provide this to their airline will be denied boarding. There are no test requirements for domestic travel at this time.

• **Cruise** - Even with the CDC's no-sail order lifted, many cruise lines have voluntarily extended their suspension of sailing operations further into 2021. Anyone considering a future cruise vacation should talk to the cruise line or a travel agent about the ship's cancellation policy and to understand what you can expect on a cruise when they start sailing again.

"Vacations are an investment in memory making. COVID-19 reminded us that safeguarding those investments, where possible, is important. We recommend anyone considering making a trip seek the expertise of a trusted travel agent," Maguire said. "They are an invaluable resource for travelers navigating evolving travel and public health guidelines."

Travel agents are more important than ever during a pandemic. They serve as your advocate before, during and after a trip, and can answer questions related to:

- travel insurance options,
- what destinations and attractions are open both domestically and internationally,
- destination-specific testing and quarantine requirements,
- what to do if you need to make last-minute changes to a trip, and much more.

AAA Resources Guide Travel Planning and Offer Inspiration

In addition to trusted travel agents, travelers have a new resource in the AAA

Digital TourBook guides, now available for destinations across the U.S., Canada, Mexico and the Caribbean at TourBook.AAA.com. Available on smartphone, tablet or desktop, the new interactive guides feature detailed destination information, must-see attractions, sample itineraries and more.

All featured hotels and restaurants have earned a AAA Diamond designation by going through rigorous inspections conducted by AAA's team of professional inspectors, based on the latest industry trends and travelers' expectations. Hotels and restaurants must meet AAA's high standards of cleanliness, comfort and hospitality to be part of the esteemed AAA Diamond Program, then they are assigned a designation of either Approved, Three Diamond, Four Diamond or Five Diamond.

In the upper echelon of those AAA Diamond hotels and restaurants are just 182 Five Diamonds (119 hotels and 63 restaurants) and 2,354 Four Diamonds (1,731 hotels and 623 restaurants). Out of 53,000 AAA Diamond designated hotels and restaurants across North America, only 0.3% have earned the coveted Five Diamond designation and 4.4% have achieved Four Diamond status.

While inspections were on hold for most of 2020 due to the COVID-19 pandemic, one new Five Diamond hotel was added this year: Four Seasons Hotel One Dalton Street, Boston. Like nearly all hotels, the property has launched enhanced health and safety protocols in response to COVID-19, and it was also recognized with

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Dorothy Quincy Homestead Celebrating Women's History Month

The Three Dorothys

By MARTHA CURTIS
O'CONNELL
Dorothy Quincy
Homestead

As we celebrate Women's History Month, we recall that centuries ago there were three women; each named Dorothy, who lived for a time in the stately Homestead mansion.

While many associate Dorothy Quincy Hancock, wife of patriot John Hancock and the first First Lady of the Commonwealth of Massachusetts, with the Dorothy Quincy Homestead, few associate the property with her ancestral Dorothys who also left their mark on the premises.

Dorothy Flynt Quincy (1678-1737), daughter of the Reverend Josiah Flynt and Esther Willet, was the first of the Dorothys to take up residence at the Homestead. Born in Dorchester, MA, young Dorothy Flynt moved to Braintree shortly after her father passed with her mother and brother Henry.

In 1701, Dorothy married Edmund Quincy III who inherited the Homestead estate from his father. During their years at the Homestead, Dorothy and Judge Edmund Quincy III expanded the original c. 1680 house by adding two stories, an attic and dairy room as well as a study and bedroom purportedly for Dorothy's brother, Henry Flynt, who was a beloved tutor at Harvard for over 50 years.

Dorothy Flynt Quincy passed suddenly in 1737, leaving behind her husband and four children including her namesake, Dorothy Quincy (1709-1762), who was born and grew up in the

family Homestead. A portrait of 13-year-old Dorothy Quincy was painted c. 1720 by an unidentified artist of the American school. According to Quincy family history, this portrait was damaged during the Revolutionary War.

In 1738, after her father died in London leaving behind a sizable estate, Dorothy married Edward Jackson, who became a prosperous Boston merchant and iron mill owner in Milton. As a bride, Dorothy was described as "an agreeable young Gentlewoman with a handsome Estate" by the Boston Gazette (Dec. 1738).

Dorothy and Edward Jackson had two children. Their daughter Mary, who married Oliver Wendell, inherited her mother's early portrait. In 1755, Edward Jackson saved the Homestead for the Quincy family after the property was mortgaged to London merchants by his brother-in-law Edmund Quincy IV. The property passed to Dorothy Quincy Jackson when she was widowed in 1757 and she died in Boston in 1762. The Quincys ownership of the house and land ended in 1763. For many years, the Homestead was called the "Dorothy Q. House" purportedly after the poem "Dorothy Q: A Family Portrait" published in The Atlantic Monthly in 1870 and written in Dorothy's honor by her great grandson, physician and poet, Dr. Oliver Wendell Holmes (1809-1894).

The third and most famous Dorothy, Dorothy Quincy Hancock (1747-1830), daughter of Edmund Quincy IV and Elizabeth



YOUNG PORTRAIT Dorothy Quincy Jackson c 1720.

Wendell, was 10 years-old when her father went bankrupt and the family was eventually forced to leave the Homestead and move to Boston. Because she was born into a socially prominent family, Dorothy was considered to be one

of Boston's most distinguished women despite her father's reversal of fortune; and like many women of her time, Dorothy experienced changes in fortune due to existing political and economic climates. Unlike their fathers and husbands, most



MRS. DOROTHY QUINCY Hancock - c 1810 - young portrait by William M.S. Doyle.

women in the colonial era lacked the power to improve their family fortunes. For example, when John Hancock died in 1793, Dorothy inherited only one-sixth of Hancock's estate despite being his estate's administrator. In later years when her second husband James Scott passed, Dorothy was almost penniless because she lost Hancock Warf through fore-

closure and was forced to sell the Hancock Mansion and its land to pay off her debts. Through resilience, Dorothy retained her grace throughout her late life as evidenced by the Marquis de Lafayette's description of her deportment as "dowdy, cheerful, content, and with no regrets for her past glory" during his Boston visit in 1825.

Three Dorothys - each leaving her imprint on history.

Follow us on Facebook: Quincy Homestead 1686.

*Since 1904, the Dorothy Quincy Homestead has been owned by the Commonwealth of Massachusetts and managed by the Department of Conservation and Recreation (DCR) in cooperation with the NSCDA-MA (The National Society of The Colonial Dames in the Commonwealth of MA), a 501(c)3 non-profit organization.



POSTCARD SHOWING the Dorothy Quincy House and reflection pool. Images Courtesy Dorothy Quincy Homestead

Expand Your Planting Space

By MELINDA MYERS

When your plant list is longer than the available gardening space it is time to expand your planting options. Create new gardening space by adding raised bed gardens, elevated planters, and containers wherever space allows.

Convert the end of the drive or edge of the patio into raised bed gardens. Just use a raised bed liner to contain the soil. Raising the garden makes planting, maintaining and harvesting easier on the back and knees. It also allows you to create the perfect soil foundation by filling your raised bed with a quality planting mix.

Long lasting cedar is a traditional choice for raised beds. Now you can also find them made of a wood and

plastic composite or metal and in a variety of shapes and sizes. Finding one to complement your gardening style and space is much easier these days.

Reduce time spent watering with a self-watering metal raised bed (gardeners.com) or similar product. Self-watering raised beds have built-in water reservoirs to extend the time between watering. Or use a raised bed drip or soaker hose irrigation system to easily apply water right to the soil where it is needed.

Elevated gardens are just containers on legs. They are perfect for patios, balconies and other hard surfaces. Use them to define space, create privacy and of course grow ornamental and edible plants. Those on wheels can easily be moved out of the

way when guests arrive. Or wheel them into the gathering, so everyone can harvest and dress up their meals with garden-fresh herbs and veggies.

Just pull up a chair and start planting or weeding your elevated garden. Grow vines in those with built-in trellises and extend the season by protecting plantings with frost and insect covers. Select elevated planters with a shelf below to conveniently store gardening tools and accessories.

Even small space gardeners can expand their planting space with the help of containers. You'll find plenty of attractive options to fit your front steps, patio, balcony or deck.

Railing planters and window boxes don't take up floor space yet dress up any

outdoor area. Grow herbs in planters located near the kitchen and flowers wherever additional color is needed. Add a few pollinator-friendly plants to attract butterflies and hummingbirds to watch and enjoy.

Extend your time outdoors with outdoor lighting. Or look for multi-functional options like solar illuminated planters. Powered by the sun and with a flip of a switch, you can choose a single or multi-changing light color display.

Don't let the thought of frequent watering stop you from growing in containers and elevated gardens. Self-watering options are available in a variety of shapes and sizes including the classic, yet curvy self-watering Valencia window box.

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SOME RAISED beds have built-in water reservoirs to extend the time between watering.

Photo courtesy of Gardener's Supply Company

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Quincy Football Bows To Pembroke In Opener, 32-21

By TOM JOYCE

The Pembroke High football team's ground game was sharp, and it paid off for them.

The Quincy High Presidents hosted Pembroke March 12 in their first regular season game of the Fall II season. While both teams enjoyed their share of success on offense, Pembroke rushed for over 250 yards and won the game 32-21. The loss put Quincy at 0-1 on the season and Pembroke at 1-0.

"We just didn't make enough plays," Presidents head coach Kevin Carey said. "They're making the effort that we want, but just not enough plays."

Pembroke struck first on their first drive. They moved the ball about 70 yards in about six minutes, primarily on the ground, and scored a touchdown. Their punter dropped a low snap on their first set of downs but ran the ball for a first down on a broken play to keep the drive going. Then Pembroke relied upon read-option plays to pick up first downs on back-to-back plays. The first one came from their quarterback running the ball up the

middle, and the next was a 22-yard rush from their running back. Next came a quarterback sweep to put them in the red zone. Ultimately, Pembroke punched in a one-yard touchdown up the middle with 6:02 left in the first to go up 6-0. Their two-point conversion attempt failed.

Quincy didn't respond on their next drive, although they got the ball to about the Pembroke 30-yard line. They went for it on fourth down but ended up one yard shy of a first down.

After forcing a Pembroke three-and-out and a punt return that got the ball to around the 50-yard line, Quincy got themselves deep into Pembroke territory. The highlight of the drive for them was an 18-yard strike from quarterback Drew Boretti (8-for-17 passing, 136 yards) to Jarod Walker and a fourth-and-one conversion from running back Isaiah Steinberg (7 rushes, 30 yards) to set the drive up. However, Quincy fumbled on the 12-yard line, giving Pembroke the ball back with about five minutes left in the first half.



JUNIOR RUNNING BACK Will Ploof hauls in a 29-yard touchdown reception from junior quarterback Drew Boretti in Quincy's home opener against Pembroke last Friday night at Veterans' Memorial Stadium. It was the first high school football game in 470 days - since Thanksgiving, 2019 - due to the COVID-19 pandemic. The Presidents bowed to the Titans, 32-21.

Pembroke capitalized on this mistake and scored on the drive thanks to a pair of

strong passes. One was a 46-yard touchdown pass to cap things off but before that, they connected on a 19-yard pass for a first down. This made it a 12-0 game since

Pembroke failed on their two-point conversion again with 48.9 seconds left in the first half.

How did Quincy respond? With a touchdown.

Walker returned the ensuing kickoff to the Pembroke 29-yard line and Boretti tossed a 29-yard touchdown to a wide-open Will Ploof

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SENIOR MATT KELLY kicks the extra point after Quincy's first touchdown of the season. Holding is sophomore Stephen Gallant (left) and blocking is freshman Gabriel Rodrigues (right).

Expand Your Planting Space

Cont'd From Page 16

Once you select your raised bed, elevated garden, or container, you will need to fill it with a planting or potting mix. Figure out exactly how much is needed with a soil calculator. Just plug the size and shape into the form. It tells you how many cubic yards or cubic feet of soil are needed for raised beds and the number of quarts for containers and elevated gardens.

Expanding the garden doesn't have to mean a lot more work. Selecting the right option that provides convenience and ease of

care can help you grow more flowers and garden-fresh produce this season.

Melinda Myers is the author of more than 20 gardening books, including "Small Space Gardening." She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program.

Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardeners Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

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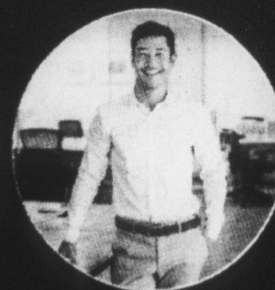
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For Christina Deiorio, Coaching Was Always In Her Game Plan

By KELLY ANDERSON

For North Quincy JV and Assistant Head Varsity girls basketball coach Christina Deiorio the idea of becoming a coach was always in the back of her mind, but it really began to take shape at the lowest point in her basketball career.

On the first day of practice in her senior year at Curry College in 2014 the unthinkable happened during a routine lay up while warming up. "I tore my ACL, MCL and Meniscus," Deiorio recalls.

"Not exactly what I had in mind for my final college season."

While the injury was a tough one physically, she would not allow it to take a toll mentally. So, instead of letting it ruin her senior year, Deiorio decided to make the best of the situation.

While going thru rehab and following the surgery, she realized the best medicine was to be with her team. No longer able to help her teammates on the court, she was determined to help them off it by supporting and pointing things out to the players from the bench.

"I would have preferred to have her out on the court for sure," said Fran Elms, her coach at Curry. "But it

was nice to have her with us, it was like having another coach that season."

Stacey Cotter, associate head coach at Curry, said she remembers Deiorio's off the court contributions very well.

"She was a tremendous leader and teammate, after she got over the shock of her injury, Christina focused on helping out anyway she could," Cotter said, adding, "Once her injury started to heal, she was able to do just that, Christina was just so dedicated to her teammates and to the coaching staff."

That dedication paid off the following year. Having overcome the knee injury and with one year of college eligibility remaining, she decided to take advantage of the Masters program in elementary education at Curry and play one more season.

"I just enjoyed the game too much to have it end with a freak injury. I wanted to prove to myself and others that I could make it all the way back." And she did just that, finishing off her final season by playing in every game and averaging 12 points per game.

Growing up in Stoughton, Deiorio played in all the town and travel leagues. Her basketball journey took

her to Cardinal Spellman High School, where she was named co-captain in her junior and senior year, playing on teams that would make deep state tournament runs before being ousted by their long-time rival, Archbishop Williams.

Her coach at Spellman was Pat Lamb, the current girls' varsity coach at Plymouth North.

"Christina is one of the best captains I've ever had," Lamb said. "She always put the team before her own individual goals and she always seemed to make the right decisions on the court, always knowing where she and everyone else needed to be out there." Lamb also added, "Nothing was handed to Christina. She elevated with hard work and dedication to improving her game. She's also one of the best 3 point shooters I've ever coached."

Deiorio had a few choices coming out of High School, but Curry was the best fit for everything she wanted both athletically and academically.

And it was during her second post grad year at Curry that she landed a practicum at Wollaston School. Then a call came about an opening with the JV girls basketball



COACH CHRISTINA DEIORIO (middle) with her North Quincy High School JV basketball team. Courtesy Photo

team at North Quincy High School. She met with long time coach head coach Paul Bregoli and was hired the day before the start of the 2017-18 season.

"It all happened so fast," Deiorio said. "I wanted to get into coaching and this opportunity at North just presented itself."

And according to Bregoli, what she has brought to the program goes beyond just basketball.

"Christina connects with the girls both on and off the court," Bregoli said. "She has a tremendous set of values and really is a role model that our players can look up to and hopefully will emulate as they continue to

grow and mature."

For Deiorio, her time at NQ has been a great learning experience.

"Being able to stay involved with the game was important to me when I first started, but helping guide young females not only on the court but off the court as well brings a tremendous amount of satisfaction," Deiorio said. "It's hard to believe the girls from my first JV team are now in college."

It's a group she remains very close with today.

With all the restrictions and rules put in place because of COVID everyone knew it would be a different type of basketball season. But the rewards outweighed

the challenges according to Deiorio. Her JV team finished with 10-2 record and as assistant varsity head coach, she helped oversee the development of a young team that won eight games and defeated veteran teams like Hanover, Pembroke and Duxbury during their shortened season.

Now a fourth grade teacher at the Snug Harbor Community School, Deiorio said she believes she has the best of both worlds.

"I love teaching and coaching. My students, players and this city have become such a huge part of my life. I feel very fortunate to be where I am right now," she said.

Quincy College Expanding Athletic Programs

As many colleges are holding off or cancelling athletic programs due to the COVID-19 pandemic, Quincy College Athletic Director Jack Raymer sees this time as an opportunity to expand the current athletic offerings at the college.

Quincy College offers men's soccer, men and women's cross country, and men's basketball. Currently the college is recruiting to start a women's soccer, women's basketball, and men's baseball programs for the fall 2021 semester.

Due to uncertain times for high school seniors in terms of making college decisions for next year, Raymer said he sees this as "a great way for us to reach out and inform student athletes of the many great opportunities Quincy College has to offer."

Raymer noted he has

tailored the recruitment process in the athletic department to mirror the current enrollment initiative now going on at the college. The message is simple: "At Quincy College a student can receive a valuable educational opportunity at a decent price, while also competing in athletics," Raymer said. He is hoping this will attract students who may choose to opt out of a more traditional four-year college trajectory and instead choose a community college like Quincy College for the first year or two after high school.

As important it is to expand these programs, Raymer said he is proud of the quality of the coaches he has been able to hire to lead the new teams and recruit student athletes. Returning coaches include Quincy's own Doug Scott, who has

built the men's basketball program into a consistent NJCAA playoff contender, and cross country coach John Furey, formerly the 18-year head coach at Emerson College, who started the running program. Raymer said he feels some of the most recent hires have created one of the strongest coaching staffs in all of New England.

Quincy College hired Coach Tashaunna Ashmeade to lead the women's basketball program. Ashmeade was a four-year standout player at UMass Dartmouth, and former semi-pro player, who brings 16 years of high school and college coaching experience to the college.

The new women's soccer program will be led by Ryan Puntiri, a Canisius College Hall of Famer. Puntiri was both assistant and head coach at Hingham High School where the Har-



TWO NEW BASEBALL recruits to join the Quincy College Granite baseball team in the fall of 2021: Aidan Smith (left) from Plymouth North High School, and Mitch Murphy (right) from Archbishop Williams High School. Photo Courtesy Quincy College

borwoman won five Massachusetts girls' soccer state championships during his tenure there.

Rounding out the new staff, and heading up the baseball program, will be longtime local coach James Dolan. Coach Dolan started the baseball program at LaSalle College in 2009 and

recently led Archbishop Williams High School to two South-Sectional championships and a Division 4 - State Championship in 2018.

With 50 years' experience with high school athletics, Raymer brings a unique perspective on the importance of athletics after high school.

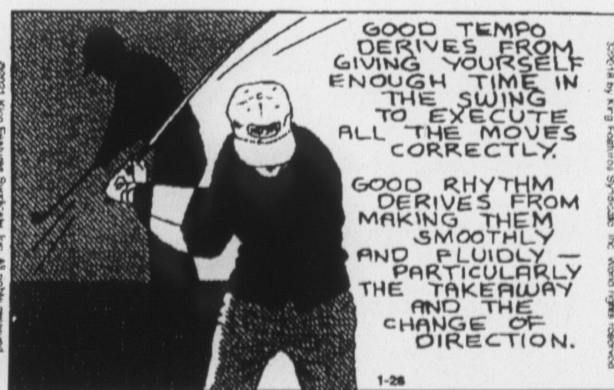
"I truly feel many local student athletes want to continue to play competitive sports after their high school careers," Raymer said. "Many of the larger schools most often do not offer this opportunity to them due to the high level of competition, and the limited number of open roster spots on any given team. At

Quincy College, a student will find a place where they can achieve the best of both worlds. We offer an affordable, academic and athletic experience that will not only challenge them on the athletic fields, but most importantly prepare them academically to reach any future college goals they desire."

If you are interested in Quincy College please visit <https://www.quincycollege.edu> for educational offerings, and our athletics programs at <https://www.quincycollege.edu/granite>.

You can also contact the college anytime at 617-984-1700. For more information on athletics please contact Athletics Director Raymer at 617-984-1718.

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Raiders Shut Out Dennis-Yarmouth In Opener, 30-0

By TOM JOYCE

The North Quincy High football team has not let up a point this season.

The Raiders shutout the Dennis-Yarmouth Dolphins in their first game of the season. North Quincy hosted the team at Veterans' Memorial Stadium on Saturday and kicked off their season with a 30-0 win thanks to strong defense and more than 200 rushing yards. The win put them at 1-0 on the season.

"It was a great overall team win and it's great to be out here," Raiders head coach Ryan Craig said. "It was a long road to get here, but the team, the kids, all of us, we're just happy to be here. We saw a lot of kids step up. We had a young team last year and they made some mistakes, but they played a real solid football game today."

"I tip my hat to D-Y," he added. "They came up all the way from the Cape to play us and played a good game. It was competitive. The scoreboard might not reflect it, but they played us tough and they're going to win some football games this year."

The Raiders played tough defense in the contest, forcing a D-Y three-and-out on the first possession of the game. Linebacker Matt Craig pushed the D-Y quarterback out of bounds for a loss, forcing the punt.

NQ got on the scoreboard early in the second quarter after D-Y went for it on fourth down deep in their own territory. On fourth and four at their own 27-yard line, D-Y attempted a pass, but it was incomplete. This came after defensive tackle Brandon Baker had a tackle for a loss to prevent them

from converting on third down.

At first, the Raiders struggled on this possession, but when fourth and long came up, quarterback Cooper Hansen (2-for-5 passing, 32 yards) connected with Colm Geary on a 30-yard pass to get the team to the two-yard line. Then Liam Hines (19 rushes, 81 yards) punched it up the middle with a two-yard touchdown run with 7:59 remaining in the first half. Thomas Murray's extra-point kick was successful, giving the team a 7-0 lead.

Murray then booted the ball on the following kickoff and the D-Y return man muffed his catch attempt. D-Y started their possession at the 15-yard line and after a pair of incomplete passes, Matt Craig sacked their quarterback for a five-yard loss. This forced a punt

and the Raiders got the ball around the 40-yard line.

Murray (11 rushes, 56 yards) picked up a pair of first downs on the ground on the possession and capped it off with a 26-yard field goal to put the team up 10-0 with 1:58 left in the first half. That was also the score at halftime.

The Raiders struck again late in the third quarter, capitalizing on a D-Y turnover. Defensive lineman Harry Gaudiano recovered a fumble on a low snap for D-Y, giving the Raiders possession at their opponent's 28-yard line. Hines had a 20-yard run up the middle on second down of that drive followed by back-to-back five-yard runs. Then Hansen punched in a one-yard touchdown run on a quarterback sneak. Murray hit the extra point, so they led 17-0 with 1:51 remaining in

the third.

As the game progressed, the Raiders continued to prevent their opponent from getting anything going offensively.

D-Y got to the red zone twice in the fourth quarter of the game but failed to capitalize on either opportunity.

The first time, a pass interference penalty and a facemask penalty against North Quincy gave D-Y free yards and helped them downfield. However, a pair of incomplete passes resulted in a turnover on downs at the 19-yard line. The Raiders then had a three-and-out, and D-Y followed that up by turning the ball over on downs at the 16-yard line.

On the second play of the ensuing drive, Matt Craig broke loose and had an 81-yard touchdown run. That and Murray's extra point kick gave the team a 23-0 lead.

"We have some other guys who can run the football," coach Ryan Craig said. "We have four, five, six guys who can run the football and they've all earned the right to go out there and play."

With 4:12 remaining, D-Y fumbled again and Geary recovered at the Raiders' 26-yard line. Hunter MacIsaac capped off that drive with a five-yard touchdown run. Murray hit the extra point to make it 30-0 with 2:28 remaining.

D-Y failed to score on their next possession, then the Raiders knelt the ball down to end the game.

NQ's next game scheduled for Friday night at Pembroke was postponed according to the Pembroke High School website. Pembroke postponed all varsity/JV football and cheerleading activities as of Monday afternoon.

Quincy Football Bows To Pembroke In Opener, 32-21

Cont'd From Page 17

near the end zone. Ploof ran it in and Matt Kelly hit the extra point kick, making it a 12-7 game with 32.4 seconds left in the first half.

Quincy then took the lead on the first play of the second half. Freshman Gabriel Rodrigues returned a short Pembroke kick about 70 yards to the end zone for a touchdown. Kelly made the extra point kick, giving the team a 14-12 lead.

"It says a lot about him," Carey said of Rodrigues. "He's a quiet kid but he's a strong kid. He does a lot. To be a freshman in high school — pandemic or not — that's a tough role to step in, but he was cool as a cucumber. Obviously, he made a heck of a play on special teams. We knew he could play at the varsity level."

Pembroke responded with a methodical touch-

down drive on their next possession. They had the ball for about seven minutes, relying primarily on the run. They scored on a six-yard read-option run. The team fumbled on the two-point conversion but took an 18-14 lead with 4:47 left in the third.

Quincy scored again when they got the ball back. Pembroke squibbed the ball to the Quincy 37-yard line. It was a drive aided by a first down on an encroachment penalty against Pembroke on fourth-and-one and capped off by a 35-yard touchdown pass from Boretto to Amarion Robinson, the team's primary quarterback in 2019. Kelly made the extra point, giving the team a 21-18 lead with 29.8 seconds left in the third.

However, Pembroke had an answer for this touchdown as well. Aided by a 15-yard pass interference

penalty, the team went from their own 40-yard line to the opposing 45-yard line to keep the drive going. While Steinberg got a deflection on a ball on third-and-12 with Pembroke at the 29-yard line, Pembroke converted

on fourth down with a 23-yard loft to get them to the six. With 7:39 left in the game, Pembroke took the lead on a six-yard jet sweep from their quarterback. Following the touchdown, they converted on their two-point

conversion attempt which was a run up the middle. This gave them a 26-21 lead.

Quincy tried switching to the pass on their next drive after getting a two-yard run from Steinberg on first down. However, it was unsuccessful. Pembroke had tight coverage, so Quincy had three incomplete passes, and turned the ball over at their own 44-yard line.

Pembroke capitalized on this field position, picking up a first down on second

down following a 15-yard run from their quarterback. With 1:47, they scored again on a four-yard run. The two-point conversion failed, but Pembroke took a 32-21 lead.

When Quincy got the ball back, they threw three straight incomplete passes, giving Pembroke the ball back. Pembroke then knelt the ball down a couple of times to end the game.

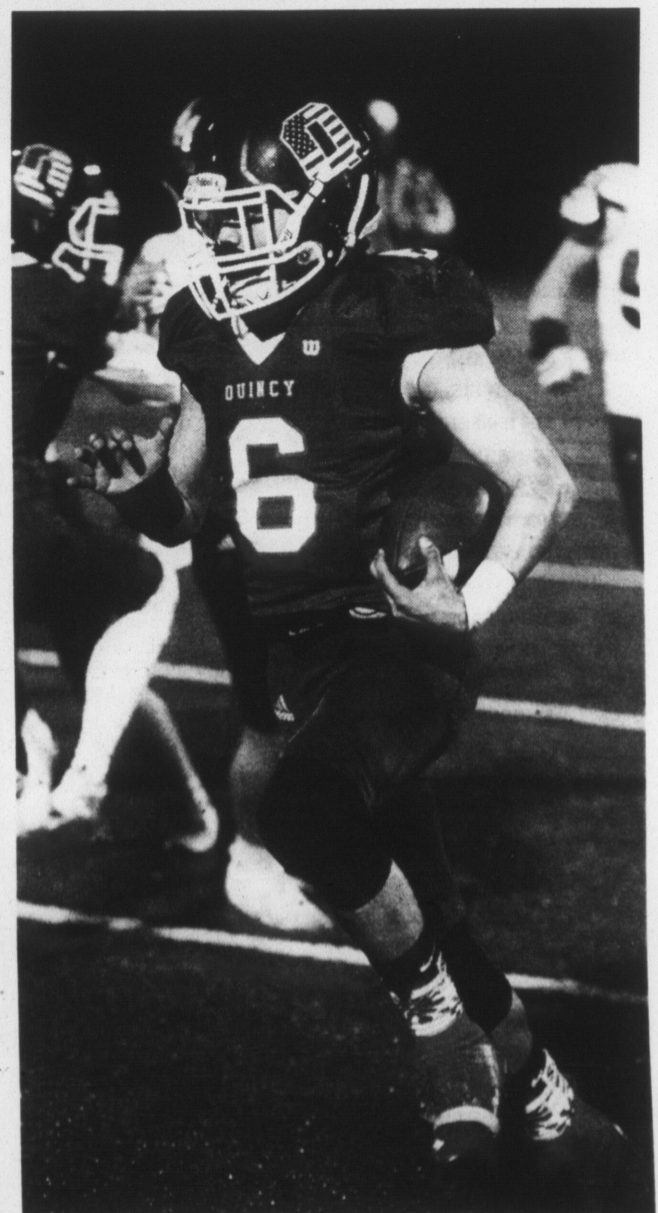
Quincy was scheduled to visit Plymouth South Friday night for a 6 p.m. kick off against the Panthers.



JUNIOR QUARTERBACK Drew Boretto looks for his blockers as he picks up some yards on a quarterback keeper.



JUNIOR RUNNING BACK Jarod Walker (left) breaks free from the backfield as offensive lineman Ocar Li blocks a Pembroke defender.



SENIOR RUNNING BACK and tri-captain Isaiah Steinberg dashes down the sideline for a big gain on the ground for the Quincy Presidents against the Pembroke Titans.

Quincy Sun Photos/Robert Bosworth

OBITUARIES

William H. Rendle, Jr., 99

William H. "Bill" Rendle, Jr., longtime resident of Quincy, died peacefully March 4, at the age of 99, with his devoted daughter Barbara Kelley by his side. He was predeceased by his wife of 70 years, Lillian "Penny" Rendle in 2014.

Mr. Rendle was born and raised in Quincy before moving to Braintree where he was a proud member of the renowned Braintree High School boys' gymnastics team. As a young man he entered Boston's International Brotherhood of Electrical Workers, Local 103 and contributed to the war effort working at the Fore River Shipyard.

He married the love of his life, Lillian "Penny" Eatough on Sept. 13, 1943. The pair met dancing to big band music, and remained a devoted couple on and off the dance floor for the rest of their lives, wowing crowds at weddings and events with their intricate swing moves well into their 80s.

The Rendles raised their three children in Quincy, where they were active members of Bethany Congregation and the Quincy YMCA, for which Mr. Rendle dedicated his time and expertise to the establishment of Camps Burgess and Hayward on Cape Cod. He attended night school at MIT, and was one of very few who successfully completed the program designed to give union electricians a deeper understanding of electrical theory and engineering.

After relocating to Orlando, Florida, where the Rendles forged many precious friendships, Mr. Rendle taught at a trade school and founded the electrical apprenticeship program for Orange and Seminole Counties, thus providing generations of at-risk students with the opportunity to acquire a lifelong trade. Bill and Penny loved to travel, and visited many countries and nearly all of the USA's National Parks.

After retiring in his 80s, Bill and Penny relocated back to Quincy to be close to family. They spent many happy, active years as residents of 1000 Southern Artery, where Mr. Rendle



WILLIAM H. RENDLE, JR.

volunteered for Meals on Wheels and as a greeter. One of his greatest joys was volunteering at the nearby Clifford Marshall School, where he often worked one-on-one with students who needed extra academic and/or emotional support.

Never one to say no to an invitation or new adventure, Mr. Rendle relocated to Durango, Colorado in his 99th year in order to enjoy the support and care of his daughter Barbara and her family. He spent the last year of his life on a breathtaking ranch, where his favorite pastime was sitting on the deck with a view of the Animas River, taking in the sounds and sights of nature, with the sun on his face.

Mr. Rendle will always be remembered for his witty sense of humor, optimism, enthusiasm, and "carpe diem" philosophy. An avid crossword puzzler and lifelong learner, he is remembered for his intelligence, as well. Finally, Mr. Rendle was appreciated by friends and family for his gentle nature, which was evident anywhere and everywhere... except at the poker table.

Mr. Rendle is survived by his children: William H. "Billy" Rendle III and wife Gay, James Rendle and wife Linda, and Barbara Kelley and husband Sean. He will also be deeply missed by his six adoring grandchildren, and six great-grandchildren.

In lieu of flowers, a fund has been set up to honor Bill's dedication to the children of the Marshall School. Checks may be made out to: Quincy Public Schools-Clifford Marshall (with Bill Rendle Memorial Fund in the memo) and mailed to 200 Moody St., Quincy, MA 02169.

Roy Chappell, 67

A private service for Roy Chappell 67, of Quincy was held March 12 in Massachusetts National Cemetery, Bourne.

Mr. Chappell died March 7.

Son of the late Raymond and Toshiko Chappell. Brother of Raymond Chappell Jr. of Hanover, Donald Chappell of Braintree and the late Benjamin Chappell.

Mr. Chappell was born in Sapporo, Japan and later moved to the U.S. He attended North Bennett Street Industrial School in Boston and became a chef. He was an avid sports fan and loved to play the lottery. He enjoyed being outdoors, he was a Scoutmaster of Troop 19 in Dorchester from 1972 to 1974. He loved



ROY CHAPPELL

lounging in the yard or on the porch with his cat Nono.

Mr. Chappell was known to always have a smile on his face.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Barbara A. Carnali, 88

Barbara A. (Chiavaroli) Carnali, age 88, a lifelong Quincy resident, died peacefully March 4 surrounded by her loving family.

She was born in Quincy, to the late Antonio and Maria (Longo) Chiavaroli. She was raised in Quincy and was a graduate of Quincy High School, Class of 1950.

Mrs. Carnali was a devoted wife to her late husband of sixty-four years, Richard A. Carnali, who died Dec. 21, 2020. She leaves her three children: Debbie A. Bradford and her husband Daniel of Hanover, Richard A. Carnali, Jr. and his wife Cyndi of Weymouth, and Donna M. Carnali and her husband Kirk Grow of Weymouth. She also leaves nine grandchildren, nine great-grandchildren, and several nieces and nephews. One of fifteen siblings, she is survived by her brother, Paul Chiavaroli of Marshfield, and was predeceased by Domenic Chiavaroli, Jennie Joyce, Vera Caramanica, Edreal Plant, Bella Tobin, Catherine Collins, Louise Chiavaroli, Lois Chiavaroli, Gloria Robicheau, Bruna Ascenzi, Carlo Chiavaroli, Stephen Chiavaroli, and John Chiavaroli.

Family and friends meant the world to Mrs. Carnali and she cherished the opportunities she had to spend time with all of them. She was selfless and caring, a friend to all who met her, and was never shy about speaking her opinion.

Mrs. Carnali was devoted to her family and especially to her cherished grandchildren and great-grandchildren. She was a talented cook and her recipes and dishes were always in big demand at family gatherings. She loved teaching her grandchildren how to make homemade pastas and Italian dishes and passing along her family recipes.

She loved spending time with her family, especially with her grandchildren and great-grandchildren, playing



BARBARA A. CARNALI

Scrabble, doing puzzles, or playing cards. She was called Nana by everyone in the family. She and Papa were the grandkids' number one fans and were the proudest attendees at all of their sporting or school events.

Although most of her siblings predeceased her, she enjoyed being in the lives of many of her nieces and nephews and made it a point to get together and catch up with them regularly.

She was an avid reader. She enjoyed frequent trips to the casinos with her friends and family.

Mrs. Carnali was a lifelong parishioner of Saint Mary's Church in West Quincy.

Over the years, she and Richard made many wonderful friends. Her family is grateful and appreciate those dear friendships, especially all the love and support given to her during her last difficult weeks.

Due to COVID-19 concerns, private graveside services were conducted at Mount Wollaston Cemetery, Quincy. A celebration of both Richard and Barbara's lives will be held at a later date when it is safe to gather. Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Maria A. Cochrane, 53

Graveside services for Maria A. (Styles) Cochrane, age 53, a lifelong resident of Quincy, were held Monday in Cedar Grove Cemetery, Dorchester.

Mrs. Cochrane died suddenly March 8 at home.

Beloved wife of the late James M. "Jamie" Cochrane, Q.P.D. Loving mother of the late Caroline S. Cochrane and Mia S. Cochrane. Cherished daughter of the late Christopher and Rita A. (Rhilinger) Styles. Devoted sister of Evan C. Styles and his wife Stacy of Scituate, Eric M. Styles and his wife Lindsay of North Weymouth. Dear aunt of Matthew, Lindsay, Jesse, and Travis Styles, Eva Styles and Samantha Toomey. Maria is also survived by many loving aunts, uncles, cousins, friends, and her in-laws, the Cochrane family.

Mrs. Cochrane was born and raised in Quincy. She shared her effervescent personality with everyone she met. She was beautiful, smart, caring, and generous with all those she loved. She was a graduate of Quincy High School, Class of 1986. She then graduated from Bridgewater State University. From there, she worked at St. Elizabeth's Hospital in the geriatric department for many years. She also worked in the restaurant industry as a bartender at several local establishments including: Flanagan's, Rags, S6, and of course, Dee Dee's, with her dad. Dee Dee's is where she met her beloved husband, Ja-



MARIA A. COCHRANE

mie. The two were married in Jamaica in 1997 and shared many happy years together. She was a devoted and dedicated wife and the two always put each other first. They enjoyed motorcycle rides to New Hampshire and appreciated every moment together.

Mrs. Cochrane was an avid Boston sports enthusiast. She enjoyed many Bruins and Red Sox games with her brothers, nieces, and nephews. She loved her family with all her heart. She was a devoted animal lover to her pitbulls, Zeus and Henry.

She will now be reunited with the most special people in her life, that she struggled living without.

Memorial donations may be made to Boston Children's Hospital, c/o 401 Park Dr., Suite 602, Boston, MA 02215.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.

Robert D. MacDonald, 91

A funeral Mass for Robert D. MacDonald, age 91, of Braintree, formerly of Quincy, was celebrated March 12 in St. Francis of Assisi Parish, Braintree.

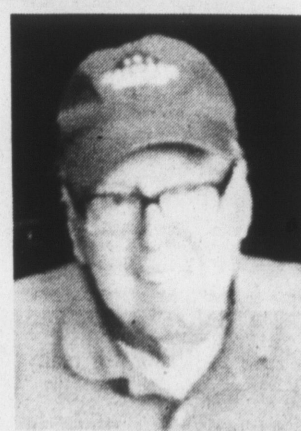
Mr. MacDonald died peacefully March 10.

He was born in Weymouth, raised and educated in Quincy. Mr. MacDonald was a graduate of North Quincy High School. He had lived in Braintree for five years, previously in Quincy for most of his life.

Mr. MacDonald was a dedicated employee for General Dynamics at the former Fore River Shipyard and later at the former Howard Johnson's factory in Wollaston.

He was an avid reader and enjoyed visiting with family, including his four-legged friend "Sarge."

Beloved son of the late Daniel H. and Catherine (McDermott) MacDonald. Devoted brother of the late Russell H. MacDonald and his wife Phyllis "Chickie" MacDonald, and the late Barbara Lyman and her husband Eddie.



ROBERT D. MACDONALD

"Uncle Bob" also had many loving nieces and nephews, including the late Denise (MacDonald) Chambers and her husband John, Karen MacDonald, Robert Kendrick and his late wife Gina, Corey Chambers, Sgt., Braintree Police Dept., and Kyle and Tyler Ruest.

Interment at Pine Hill Cemetery, Quincy.

Memorial donations may be made to the charity of your choice.

Funeral arrangements were made by the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy.



Honor Your
Loved One's
Memory
With Flowers

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M
A
R1
82
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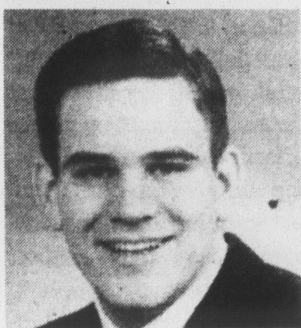
William J. Devine, 77

A funeral Mass for William J. "Bill" Devine of Braintree, formerly of Quincy, St. Boniface Parish, was celebrated Monday in St. John the Baptist Church, Quincy.

Mr. Devine died March 9 at the age of 77 surrounded by his present and devoted wife Mary (Sullivan) Devine and his beloved children, John, Grant and Patricia Devine.

He was born and raised in Quincy. He was preceded in death by his parents Audrey (Oberg) Devine and Anthony Festus Devine and his former wife Theresa L. (Person) Devine. Brother of James Devine and his wife Ann of Tiverton, RI and Patricia Devine Johnson of Deland, FL. He is also survived by many cousins, nieces and nephews.

Growing up in Quincy, Mr. Devine delivered papers as a boy and drove his small boat on Quincy Bay. He attended Quincy Public Schools and would fondly remember his time at Broadmeadows; he graduated from Quincy High School. He furthered his education at Quincy College and gradu-



WILLIAM J. DEVINE

ated from Salem State College where he received his Bachelor's degree in science/business education, where he proudly made the dean's list in his senior year.

He enjoyed reading newspapers, going for walks and traveling. At the end of his illness, he enjoyed watching Perry Mason, Masterpiece Theater and PBS.

Mr. Devine started working in real estate with his brother James and worked for more than 30 years starting his own company GSI. Mr. Devine will always be remembered for his selfless dedication to his family, his abundant generosity, and a determined authenticity. He will be remembered as a giver of himself, putting others needs first and making dreams come true for all who

were blessed to have known him. He will be sadly missed, but his influence, kindness and generosity will live forever in our hearts. His strong faith and courage provided strength for all who knew him.

Mr. Devine was diagnosed in November 2018 with bladder cancer, determined to fight, he attended numerous chemo treatments at Dana Farber along side his wife, Mary Devine, whom he met at St. Anthony's Shrine on Sept. 8, 2013 after a 4 p.m. Saturday Mass, which he attended regularly. William and Mary both shared the love of their Catholic faith and worship and praise with the Arch Street band. Mr. Devine's love of music was a cornerstone to his faith and he shared that cornerstone with all who worshiped with him especially his wife Mary.

Private interment.

Memorial donations may be made to Saint Anthony's Shrine, 100 Arch Street, Boston, MA 02110.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Phylis M. Dolan, 90

A funeral service for Phylis Marie Dolan, 90, of Weymouth, formerly of Quincy, beloved sister and aunt, was held Tuesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Ms. Dolan died peacefully after a period of failing health in Braintree on March 10.

Born on July 25, 1930 in Manchester, New Hampshire, she moved to North Quincy with her family during the height of World War II in the early 1940s. After graduating from North Quincy High School in 1948, Ms. Dolan joined the United States Air Force and honorably served her country.

Upon leaving the service, she returned to Quincy and she worked as a secretary for IBM in Boston for many years before retiring in 1992, and eventually settling in Weymouth.



PHYLIS M. DOLAN

Ms. Dolan is united with her heavenly family and welcomed home by her mother and father, Arthur Klair and Irene (Thayer) Dolan and older sister Patricia Cray. She is survived by her sister Sally McCusker of North Quincy, nieces and nephews, Lisa and John Ainslie of Brockton, Karen and Bill Padon of Randolph, Jim and Jacqui McCusker of Murrieta, CA, Brian and Michelle McCusker of Braintree, Tom and Eileen McCusker of

Sandwich, Matt and Carol McCusker of Hanover, many grand and great grandnieces and nephew, and her cherished lifelong friend Pat Goldman of Whitman.

Ms. Dolan was the fun aunt, known as "Auntie OhOh" to her nieces and nephews when they were young. She was the perfect blend of mother and friend, giving, helpful, loving, caring, and kind. Besides spending time with family and friends, Phylis had a passion for traveling, visiting many places in Europe and across the United States in her younger years.

Interment with military honors will be held privately.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Pl., Memphis, TN 38105 or The Last Resort For Cats by visiting lastresort4cats.org.

Nancy M. Belmont

A funeral Mass for Nancy M. Belmont of Quincy, formerly of South Boston, was celebrated Monday in St. Agatha Church, Milton.

Ms. Belmont died March 8.

She was born and raised in S. Boston and she and her entire family were extremely proud of their S. Boston heritage. She attended Nazareth High School in S. Boston, Suffolk University and received her Master's in literature from Simmons College.

Ms. Belmont worked as

an administrative assistant for Gillette Company for 37 years before retiring.

Beloved sister of Mary R. Perdios and her husband James T. of Quincy, Winifred F. Belmont of Quincy, Dorothy M. Loring and her husband Paul of Hyde Park, Judith A. Counterman and her husband Raymond of Canton and the late Elizabeth A. Harmon and her husband George E. Harmon of Melrose, Irene L. Quigley and her husband Edward of Braintree, Stephen P. Belmont and his wife Jean

of Marshfield, and Philip L. Belmont. Also survived by many nieces, nephews, and cousins. She was predeceased by her beloved nephew Michael Counterman.

Interment at St. Joseph's Cemetery, W. Roxbury.

Donations may be made to the Jett Foundation, in memory of Michael Counterman, 36 Cordage Park Cir., Plymouth, MA 03360.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, Milton.

Kevin G. Whelan, Sr.

A funeral Mass for Kevin G. Whelan, Sr. of Plymouth, formerly of North Quincy and South Boston, will be celebrated Thursday at 10 a.m. in Divine Mercy Parish at St. Ann's Church, Quincy.

Mr. Whelan died suddenly March 11 surrounded by his loving family.

Born in Quincy, he was the son of the late Daniel and Lillian Hampston Whelan. Mr. Whelan attended North Quincy High School and he was active in Quincy Youth Hockey and Baseball. He was a member of Sacred Heart Church and a longtime member of the Knights of Columbus. He was employed for many years with the Massachusetts State Lottery.

Mr. Whelan loved motorcycles, New England sports teams, his Irish roots, and most of all, his big family.



KEVIN G. WHELAN, SR.

He was a proud and beloved husband, father, and "Papa." Mr. Whelan had a quick wit and he was the life of the party to those who knew him.

He will be sadly missed and lovingly remembered by his wife of 27 years, Jean Tierney; five sons: Kevin Whelan Jr. and his wife Shelly of NH, Matthew and his wife Erica of Peabody, Eric and his wife Nicole

of Stoughton, William and Daniel of Plymouth; two daughters, Lillian and her partner Arjun of Boston and Mary of Plymouth; siblings: John, Vincent and Karen Whelan all of N. Quincy. He was "Papa" to Declan, Bennett, Lewis, David, and Arabella. He is predeceased by his brothers Daniel and James.

Visiting hours were 4 to 7 p.m. Wednesday in Keohane Funeral Home, 785 Hancock St., Quincy.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the American Lung Association, 1661 Worcester Rd. STE 301, Framingham, MA 01701 or to the National Autism Association, One Park Avenue, STE 1, Portsmouth, RI 02871.

Mary A. Kelley, 87

A funeral Mass for Mary A. (Harrington) Kelley, 87, of Quincy and formerly of Somerville, was celebrated Wednesday at the Divine Mercy Parish in St. Ann's Church, Quincy.

Mrs. Kelley died peacefully at her home on March 10.

Born in Boston on June 4, 1933, she was raised in Somerville and was the daughter of the late Michael P. and Julia B. (Sullivan) Harrington. She attended local schools and graduated from Matignon High School in Cambridge. She worked as a service order writer for the New England Telephone Company. Mrs. Kelley enjoyed her work and the relationships she built throughout the years. She happily retired in 1997.

In her spare time, Mrs. Kelley enjoyed reading, playing bingo, doing puzzles, going to Nantasket



MARY A. KELLEY

Beach for band concerts, watching the Boston Red Sox, and listening to Irish music. The most important part of Mrs. Kelley's life was her family. She loved her children, grandchildren, and great grandchildren more than anything and there wasn't anything she wouldn't do for those she cared for.

Mrs. Kelley was a loving, sweet, hardworking, and selfless person. Her life lessons and example are part of her legacy that continue

through her family. Mrs. Kelley will be missed by all the lives she touched.

She was the devoted mother of James Kelley and his wife Elizabeth of Rockland, Elaine Simmons and her husband Michael of Whitman, Robert Kelley of Quincy, Elizabeth Kelley of Ipswich, and the late Boston Kelley of Quincy. She was the loving grandmother of eight and the loving great grandmother of two. Mary is also survived by many loving nieces and nephews. She was preceded in death by her siblings: Michael Harrington, Anne McGoldrick, and Catherine Cullen.

Interment at Holy Cross Cemetery, Malden.

Memorial donations may be made to the charitable organization of one's choice.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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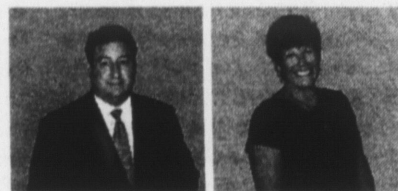
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Shamrock Splash Supports Save Harbor, Friends Of Wollaston Beach

By MAUREEN MAZRIMAS
Friends Of
Wollaston Beach

They did it! With winds howling, Bob Verney and

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0289EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Jean Louise Doherty
Date of Death:
05/09/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Timothy S. Caggiano of Cumberland, RI and Margaret M. Bedard of Cumberland, RI requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Timothy S. Caggiano of Cumberland, RI and Margaret M. Bedard of Cumberland, RI be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 03/31/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: February 25, 2021
COLLEEN M. BRIERLEY
Register of Probate

3/18/21

Michael Mazrimas splashed into the cold waters of Wollaston Beach last Saturday in support of Save the Harbor/Save the Bay and Friends of Wollaston Beach (FWB).

There were no TV crews,

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0400EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Eileen Gail Barrett
Date of Death:
03/12/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Dawn M. Holland of Middleboro, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Dawn M. Holland of Middleboro, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in supervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 04/07/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 5, 2021
COLLEEN M. BRIERLEY
Register of Probate

3/18/21

no celebrity hosts, no wild costumed splashers, no blaring music nor hundreds of other splashers – just two guys committed to supporting a great cause! Owing to COVID guidelines, the hundreds of onlookers were

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P0440EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Thomas H. Williamson
Date of Death:
07/13/2020

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by William S. McFadden of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: William S. McFadden of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 04/14/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 8, 2021
COLLEEN M. BRIERLEY
Register of Probate

3/18/21

replaced by a small cadre of supporters.

Since 2006, FWB has worked to promote public use of Wollaston Beach, to preserve and protect the fragile ecosystems, and address quality of life issues

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P0790EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Janet Gibson Williamson
Also known as:
Janet G. Williamson
Date of Death:
12/10/2018

To all interested persons:
A Petition for S/A - Formal Appointment of Successor has been filed by William S. McFadden of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: William S. McFadden of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 04/14/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 8, 2021
COLLEEN M. BRIERLEY
Register of Probate

3/18/21

relating to the Beach. FWB provides educational, cultural, social and civic programs that focus on issues affecting the Beach. Achieving those goals has been made easier through grants made by Save the Harbor/Save the Bay.

FWB President Maureen Mazrimas thanked SH/SB for supplementing their budget so FWB can continue to provide free, fun, family-friendly events, such as Kids' Fest, tot lot events, movies, and concerts. "We are thankful for their support."

Ms. Mazrimas urged everyone to support SH/SB to help them fulfill their mission "To restore and protect Boston Harbor, Massachusetts Bay, and the marine environment and share them with the public for everyone to enjoy."

It's not too late! To support the work of SH/SB and

FWB, through this Splash, log onto shamrocksplash.org/FWB2021 or shamrocksplash.org/Verney and make a pledge. FWB is grateful to those who have already done so.

Ms. Mazrimas also acknowledged support from Harpoon Beer and Jet Blue, who have been sponsors of the event for years, Wollaston Yacht Club (WYC), Massachusetts Boating & Yacht Clubs (MBYCA), The Quincy Sun, QATV, her family and most importantly DCR.

"I would like to thank the DCR for all they do to promote the wise use of the beaches in their care. They do incredible work in the face of budget cuts, staff shortages and the like. We are in their debt," she said.

Thanks again to Bob and Mike for a great splash under less than ideal conditions!



SHAMROCK SPLASHERS – Bob Verney and Michael Mazrimas splashed into the cold waters of Wollaston Beach last Saturday in support of Save the Harbor/Save the Bay and Friends of Wollaston Beach (FWB).



ALL DONE – Bob Verney and Michael Mazrimas emerge from the chilly waters of Wollaston Beach after a quick dip for a good cause: in support of Save the Harbor/Save the Bay and Friends of Wollaston Beach (FWB).

Photos Courtesy Friends of Wollaston Beach

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Work Underway On Adams Street Traffic Signal Improvement Project

Work has begun on a traffic signal improvement at the intersection of Adams Street at Newport Avenue and Burgin Parkway. The project, being managed by the City of Quincy's Department of Traffic, Parking, Alarm and Lighting, will repair the existing signal infrastructure and upgrade pedestrian facilities in line with Americans with Disabilities Act standards.

"Newport Avenue is a high traffic corridor through the city. With the information captured by our traffic technology, we can access areas in need of improvement. Pedestrians and drivers will benefit tremendously from the work being done in this particular intersection," said Mayor Thomas Koch.

Work activities will include reconstruction of sidewalk ramps, installation of audible pedestrian buttons, replacement of deficient signal hardware and installation of new fisheye detection camera. New decorative

mast arms will be installed to improve signal visibility and carry the historic theme of Downtown Quincy to the adjacent Adams Historical National Park.

"This intersection is unique in its proximity to a National Park," said Traffic, Parking, Alarm and Lighting Director Christopher Cassani, "We're proud of our history and we want to ensure this location is safe and accessible for all who want to visit and share in the Adams family legacy."

Beginning the week of March 21st, repairs to underground infrastructure will require trenching across the southern and western limits of the intersection. These trenches will be plated until filled, with the entire intersection being repaved at the end of construction.

Funds for this project were appropriated by City Council as part of the City's Capital Improvement Plan. Dagle Electrical Contractors of Wilmington, MA was awarded the work following

a sealed bid process.

For more information re-

garding this and other projects, visit the Project High-

lights portion of Traffic and Parking Department's page

at www.quincyma.gov.

REQUEST FOR PROPOSALS

REQUEST FOR PROPOSALS

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK ST., QUINCY, MA 02169

Invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

WHSSWB

"IN-SCHOOL AND OUT-OF-SCHOOL YOUTH SERVICES"

APRIL 1, 2021 @ 2:00 P.M.

The City of Quincy acting through The MassHire South Shore Workforce Development Board (MHSSWB) is seeking proposals from potential Contractors to provide workforce development activities for low-income youth, funded through the provisions of WIOA. The purpose of this Request for Proposals (RFP) is to fund effective proposals to serve WIOA-eligible Out-of-School Youth. Contractors are invited to submit grant applications serving this population.

This is a one-year request for proposals with the potential for renewal for FY23. Information that is currently available about WIOA is included in this document.

The funding of WIOA Title I Youth programs is contingent upon the release of WIOA funds.

Non-Price Bid/Proposals must be in a sealed envelope and price proposals must be in a separate sealed envelope. The outside of the sealed envelopes are to be clearly marked "RFP - NON PRICE PROPOSAL ENCLOSED" with time/date of RFP and "RFP - PRICE PROPOSAL ENCLOSED" with time/date of RFP.

Bids/Proposals will be received at the Purchasing Office until the time and date stated above, at which time and date they will be opened and registered. Late Bids/Proposals, delivered by mail or in person, will be rejected.

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

The City of Quincy and the South Shore Workforce Investment Board reserves the right to withdraw the Request for Proposal; to reject any and all proposals; and to accept any proposal deemed to be in the best interest of the City of Quincy.

Thomas P. Koch, Mayor
Kathryn R. Hobin, Chief Procurement Officer

3/18/21

LEGAL NOTICE

LEGAL NOTICE

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Fatima Fialho to Shelter Mortgage Company LLC, dated October 29, 2003 and recorded with the Norfolk County Registry of Deeds in Book 20124, Page 189; assigned to Guaranty Bank, on November 7, 2017, registered with the Norfolk County Registry of Deeds in Book 35612, Page 598; assigned to Guaranty Bank, a division of First-Citizens Bank & Trust Company on November 8, 2017 registered with the Norfolk County Registry of Deeds in Book 35613, Page 1 who is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction on April 9, 2021 at 11:00 am at 200 Cove Way, Unit 120, Quincy, MA 02169, all and singular the premises described in said mortgage:

TO WIT:

The following property in Quincy, Norfolk County, Massachusetts:

The unit ("the unit") known as No. 120-II in Captain's Cove Condominium at 200 Cove Way, Quincy, Norfolk County, Massachusetts, a Condominium established by the Grantor pursuant to Massachusetts general Laws, Chapter 183A, by Master Deed dated October 11, 1985, recorded with Norfolk County Registry of Deeds in Book 6821, Page 1, as amended ("Master Deed") which Unit is shown on floor plans of the building recorded simultaneously with the Second Amendment to said Master Deed and on the copy of the portion of said plans attached hereto and made a part hereof, to which is affixed the verified statement of a registered architect in the form required by Section 9 of said Chapter 183A.

Said Unit is conveyed together with:

1. An undivided interest in the common areas and facilities of the Condominium described in said Master Deed attributable to the Unit.
2. The exclusive right to use any balcony or patio adjoining the Unit and to which the Unit has access.
3. The right to use one parking space in the parking area on an assigned basis.
4. An easement for the continuance of all encroachments by the Unit on any adjoining units or common areas and facilities existing as a result of construction of the building in which the Unit is located or which may come into existence hereafter as a result of settling or shifting of said building, or as a result of repair or restoration of said building or of the Unit, after damage or destruction by fire or other casualty, or after taking in condemnation or eminent domain proceedings, or by reason of an alteration or repair to the common areas and facilities made by or with the consent of the Trustees of the Captain's Cove Condominium Trust (the "Trustees").
5. An easement in common with the owners of other units to use any pipes, wires, ducts, flues, cables, conduits, public utility lines and other common areas and facilities located in any of the other units or elsewhere on the Condominium property which serve the Unit.
6. Rights and easements in common with other Unit Owners described in the Master Deed.

Said Unit is conveyed subject to:

1. An easement in favor of adjoining units and in favor of the common areas and facilities for the continuance of all encroachments of such adjoining units or common areas and facilities of the Unit, now existing as a result of construction of said building in which the Unit is located, or which may come into existence hereafter as a result of settling or shifting of said building in which the Unit is located, or as a result of repair or restoration of the building or of any adjoining unit or the common areas and facilities after damage or destruction by fire or other casualty, or after taking in condemnation or eminent domain proceedings or by reason of an alteration or repair to the common areas and facilities made by or with the consent of the Trustees.
2. An easement in favor of the other units to use the pipes, wires, ducts, flues, conduits, cables, public utility lines and other common facilities located in the Unit or elsewhere on the Condominium property and servicing such other units.
3. The right in favor of the owner of the Unit to use outdoor parking spaces on an assigned basis.
4. Exclusive right and easement in favor of the owner of any Unit to use the balcony or patio adjoining the Unit and to which the Unit has access.
5. The Provisions of Massachusetts General Laws Chapter 183A as the same may be amended from time to time.
6. The provisions of this Unit Deed, the Master Deed, the Declaration of Trust of Captains Cove Condominium, dated October 11, 1985, and recorded in the Norfolk Registry of Deeds, in Book 6821, Page 44, and floor plans of the Condominium recorded as part of the Master Deed, as the same may be amended from time to time by instrument recorded in Norfolk County Registry of Deeds, which provisions, together with any amendments thereto, shall constitute covenants running with the land and shall bind any person having at any time any interest or estate in the Unit, his family, employees, servants, and visitors, as though such provisions were recited and stipulated at length herein.

Being the same premises as conveyed in Deed from Morris S. Eskinazi recorded 10/31/2003 in Document Number 258845, Book 20124, Page 167 in said County and State. Commonly known as: 200 Cove Way, Unit 120 aka Unit 120-II, Quincy, MA 02169

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of FIVE THOUSAND (\$5,000.00) DOLLARS by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at BRAUCHER & AMANN, PLLC, 764 CHESTNUT STREET, MANCHESTER, NH, 03104, TEL: 603-486-1530, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

Guaranty Bank, a division of First-Citizens Bank & Trust Company
Present holder of said mortgage
By its attorneys,
BRAUCHER & AMANN, PLLC
764 CHESTNUT STREET
MANCHESTER, NH 03104
603-486-1530

3/18/21, 3/25/21, 4/1/21

Division	Event	Athlete first	Athlete last	Performance
Girls	1000m	Lezly	Acevedo	3:26.7
Girls	1000m	Isa	Hanley	3:37.6
Girls	1000m	Emma	Lyons	3:41.6
Girls	1000m	Grace	Cody	4:00.6
Girls	1000m	Sophie	Cerone	4:02.9
Girls	1000m	Charlotte	McConville	4:30.1
Girls	1000m	Juliana	DiBlasi	4:45.3
Girls	1000m	Chloe	Fitzgerald	4:56.9
Girls	300m	Sofija	Sleszas	44.9
Girls	300m	Melanie	Chretien	46.6
Girls	300m	Brianna	Alvarado	48.9
Girls	300m	Mariejo	Ajavon	49.7
Girls	300m	Mollie	Smith-Gaeta	50.5
Girls	300m	Piper	Henderson	51.1
Girls	300m	Lauren	Manning	51.5
Girls	300m	Ciara	Golden	51.6
Girls	300m	Kimberly	Le	52.0
Girls	300m	Brooklyn	Rizzo	52.8
Girls	300m	Faye	Fitzpatrick	53.2
Girls	300m	Breanna	LaRoche	56.3
Girls	300m	Anuchi	Alambr	58.1
Girls	300m	Anna	Zheng	58.9
Girls	300m	Jaimie	Sansouci	1:05.0
Girls	4x200	Brianna	Alvarado	2:02.5
Girls	4x200	Melanie	Chretien	
Girls	4x200	Emilia	Henry	
Girls	4x200	Victoria	Rak	
Girls	55Dash	Sofija	Sleszas	7.1
Girls	55Dash	Emilia	Henry	7.6
Girls	55Dash	Victoria	Rak	7.8
Girls	55Dash	Faye	Fitzpatrick	8.1
Girls	55Dash	Mariejo	Ajavon	8.2
Girls	55Dash	Kimberly	Le	8.3
Girls	55Dash	Celia	Cronin	8.4
Girls	55Dash	Brooklyn	Rizzo	8.4
Girls	55Dash	Jiahn	Lin	8.5
Girls	55Dash	Eileen	Durgin	8.6
Girls	55Dash	Breanna	LaRoche	8.6
Girls	55Dash	Nadia	Dickerson	8.6

Girls	55Dash	Piper	Henderson	8.7
Girls	55Dash	Beatriz	Goncalves	8.8
Girls	55Dash	Grace	Pickering	9.0
Girls	55Dash	Kathy	Duong	9.3
Girls	55Dash	Zoe	Rakarich	9.3
Girls	55Dash	Anna	Zheng	9.3
Girls	55Dash	Natalia	Kepczynski	9.3
Girls	55Dash	Jaimie	Sansouci	9.6
Girls	55Hurdles	Kiera	Sleiman	9.1
Girls	55Hurdles	Sorcha	Quinn	10.4
Girls	55Hurdles	Eileen	Durgin	10.7
Girls	55Hurdles	Kaylee	Sleiman	11.9
Girls	55Hurdles	Alex	Abrahamovich	12.8
Girls	55Hurdles	Kat	Shaughnessy	13.1
Girls	600m	Jennie	Burgess	2:05.7
Girls	High Jump	Mollie	Smith-Gaeta	4'02"
Girls	High Jump	Natalia	Kepczynski	4'04"
Girls	High Jump	Catherine	Brown	4'08"
Girls	High Jump	Kylie	Driscoll	Nh
Girls	Long Jump	Kaylee	Sleiman	12'09"
Girls	Long Jump	Brianna	Alvarado	14'01"
Girls	Long Jump	Melanie	Chretien	14'09.75"
Girls	Long Jump	Victoria	Rak	14'11.25"
Girls	Long Jump	Kiera	Sleiman	14'11.25"JD
Girls	Mile	Aluna	Coogan-Coyne	5:52.4
Girls	Mile	Victoria	Mariano	6:14.2
Girls	Mile	Mollie	Nelson	6:21.5
Girls	Shot Put	Kylie	Driscoll	19'02"
Girls	Shot Put	Kelsey	Duong	22'00"
Girls	Shot Put	Pilar	Brown	27'08"
Girls	Shot Put	Niamh	Mwafurirwa	30'02.5"
Boys	1000m	QuangVinh	Tran	3:06.2
Boys	1000m	Thomas	O'Neil	3:21.1
Boys	1000m	Patrick	Lee	3:27.8

Quincy-North Quincy Track Results

From First Meet -
March 10 & March 11
All Meets Are Run Jamboree Style
Rankings Only (No Team Scores)

Boys	300m	John	Alessandro	40.4
Boys	300m	Charlie	Codner	42.7
Boys	300m	Sam	Hurley	43.9
Boys	300m	Huy	Ho	44.1
Boys	300m	Alex	Stankov	44.5
Boys	4x200	John	Alessandro	1:44.0
Boys	4x200	Ben	Dawe	
Boys	4x200	Jonathan	Bina	
Boys	4x200	Matt	Wong	
Boys	55Dash	Matt	Wong	6.7
Boys	55Dash	Sam	Hurley	7.5
Boys	55Dash	Sai	Kuchulakenti	7.5
Boys	55Dash	Alex	Stankov	7.6
Boys	55Dash	Huy	Ho	7.6
Boys	55Dash	Trevor	Mangino	7.9
Boys	55Dash	Jeanior	Alexis	8.2
Boys	55Hurdles	Bobby	Donovan	9.6
Boys	55Hurdles	Jonathan	Bina	9.9
Boys	55Hurdles	Ammar	Chunda	10.3
Boys	55Hurdles	Nick	Bina-Rodriguez	12.3
Boys	600m	Jack	Nelson	1:34.8
Boys	600m	Bobby	Donovan	1:41.9
Boys	600m	Ben	Dawe	1:42.3
Boys	High Jump	Jonathan	Bina	4'06"
Boys	Long Jump	Matt	Wong	19'02"
Boys	Long Jump	John	Alessandro	19'03.5"
Boys	Mile	Robert	Cannon	5:06.0
Boys	Mile	Kyle	Clements	5:30.3
Boys	Shot Put	Jeanior	Alexis	25'01"
Boys	Shot Put	Charlie	Codner	32'08"

Planning a Trip in 2021? You're Not Alone, But Be Prepared for a Different Travel Experience

Cont'd From Page 15

AAA's Best of Housekeeping designation based on its last on-site inspection.

**Travel Restrictions
Remain in Place
—Plan Ahead**

The CDC continues to urge Americans to delay traveling, warning that doing so increases your chance of getting and spreading COVID-19. For those who choose to travel, current

guidelines and requirements include the following:

- **Travel Restrictions** — State and local governments may have travel restrictions in place, including testing requirements, stay-at-home

orders and quarantine requirements upon arrival. Check the state and local health department where you are, along your route, and where you are going. Prepare to be flexible, as restrictions and policies may change during your trip.

- **COVID-19 Vaccines** —

If you are eligible, consider getting vaccinated for COVID-19. The CDC says to wait two weeks after getting your second dose to travel for your body to build protection after vaccination. Even if you've been vaccinated, continue to follow all official travel requirements and guidelines.

- **Testing** — The CDC recommends taking a viral COVID-19 test 1 to 3 days before your trip. Do not travel if you test positive. Keep a copy of your negative test results with you during your trip and make plans to get tested again with a viral test 3 to 5 days after you return. Self-quarantine for a full seven days after trip, even if your test is negative. If you don't get tested, the CDC advises staying home and self-quarantining for 10 days.

To find a travel agent or for more information, visit AAA.com/Travel.

Quincy Evangelical Clergy Easter Sunrise Service

The Quincy Evangelical Clergy Association announces its Easter Sunrise Service will be held Easter Sunday morning, April 4th at 6:30 a.m.

This brief service will

take place on Wollaston Beach between the Squantum and Wollaston Yacht Clubs. It will be led by area clergy and the Salvation Army Band and everyone is invited to attend.

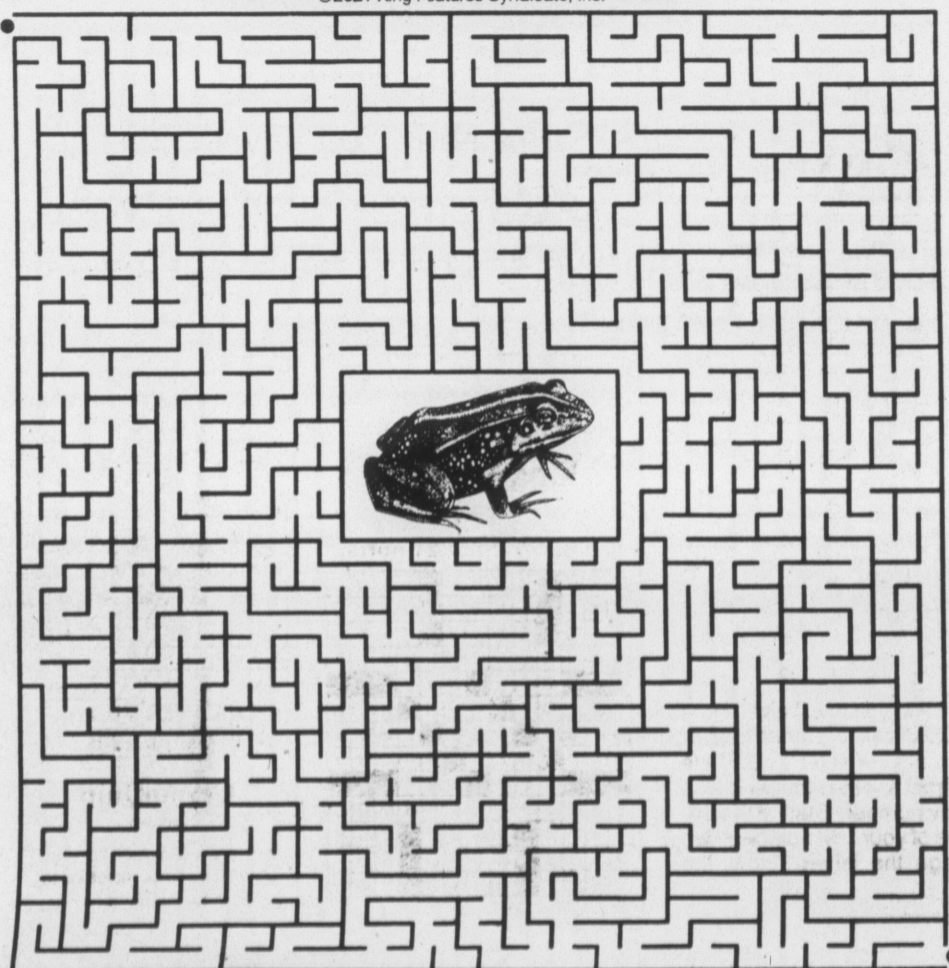
George Burke Donates \$1,000 To Museum, Interfaith Social Services

Quincy attorney George Burke announces he has started his yearly donations and recently donated \$1,000

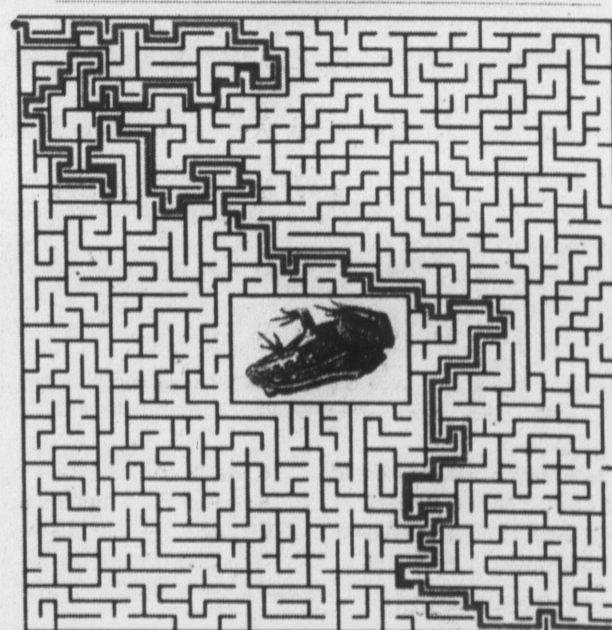
to the Emily Dickinson Museum in Amherst and \$1,000 to Interfaith Social Services in Quincy.

Mega Maze

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Mega Maze Solution



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SUN FUN PAGES

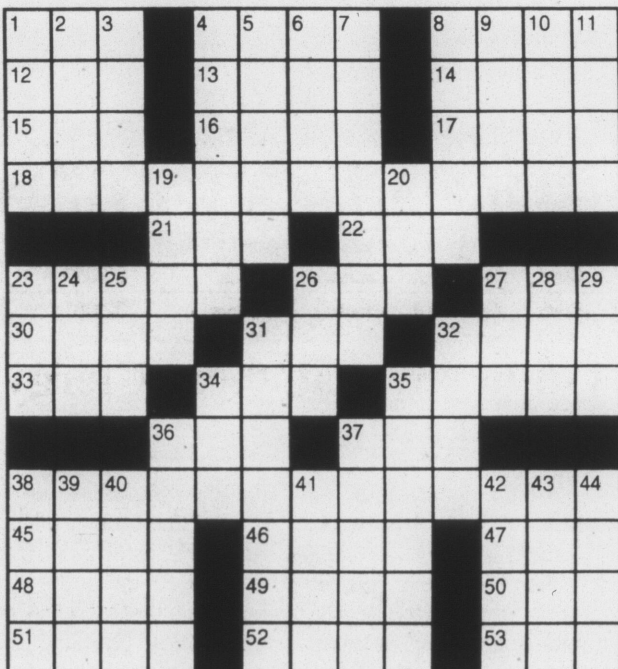
King Crossword

ACROSS

- 1 Gearwheel tooth
- 4 Baby elephant
- 8 Bar bills
- 12 Coffee vessel
- 13 — about (circa)
- 14 Panache
- 15 Salty expanse
- 16 Chills and fever
- 17 — avis
- 18 Driver's aid
- 21 Superlative suffix
- 22 Inlet
- 23 Protractor measure
- 26 Actress Lucy
- 27 "See ya!"
- 30 Old salts
- 31 "The Bells" author
- 32 Edge
- 33 Sea, to Henri
- 34 Periodical, for short
- 35 Belt holders
- 36 Summer cooler
- 37 "Alice" waitress
- 38 Fortress on the Thames
- 45 Pearl Harbor site
- 46 Stage show
- 47 Docs' bloc
- 48 Alum
- 49 Give temporarily
- 50 Use a ray gun
- 51 Bygone jets
- 52 Talks nonstop
- 53 Before
- 11 Unforeseen problem
- 19 Morays
- 20 Vichy water
- 23 \$ dispenser
- 24 Scot's denial
- 25 Spike's warning
- 26 Journal
- 27 Buddy
- 28 Shriek bark
- 29 Type measures
- 31 Magnificent array
- 32 Benefit
- 34 Ruin the veneer
- 35 British insurer
- 36 Vendettas
- 37 Be on either side of
- 38 Raiments
- 39 Rowboat
- 40 "Huh?"
- 41 Dog bane
- 42 Stupor
- 43 Actor Epps
- 44 Scruff

DOWN

- 1 Point
- 2 Sandwich cookie
- 3 Chew (on)
- 4 Sandpaper type
- 5 Uneasy feeling
- 6 Lummo
- 7 Giveaway
- 8 Towel material
- 9 Jai —
- 10 Hoedown site



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MAGIC MAZE • RELATED TO BODY PARTS

P K I G G A W N I H C D E B Z
 X V S G K N E E D E E P V K S
 Q O E Y E L I V E M K I I R M
 G E E C O L D S H O U L D E R
 C A L S M R A N I P U Y E J A
 W U E W O B L E S A Q P S E R
 N L G J H N F E K C R A O E A
 Y T U O D N A H X A V R N N E
 U S P Q P N M Y K J H H I K B
 F E P U Y L L E B C B S Z A Y
 X V U T R Q P U S B M U H T H

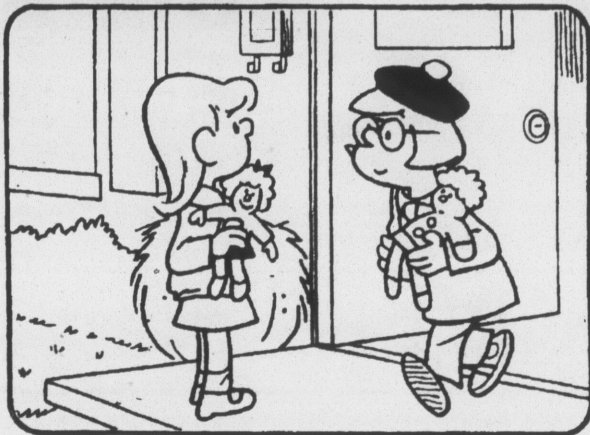
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: — GREASE

- | | | | |
|-----------|---------------|-----------|-------------|
| Bear arms | Cold shoulder | Knee-deep | Shake a leg |
| Belly up | Evil eye | Knee-jerk | Thumbs up |
| By a nose | Hair-raising | Leg up | Up in arms |
| Chin-wag | Handout | Nosedive | |

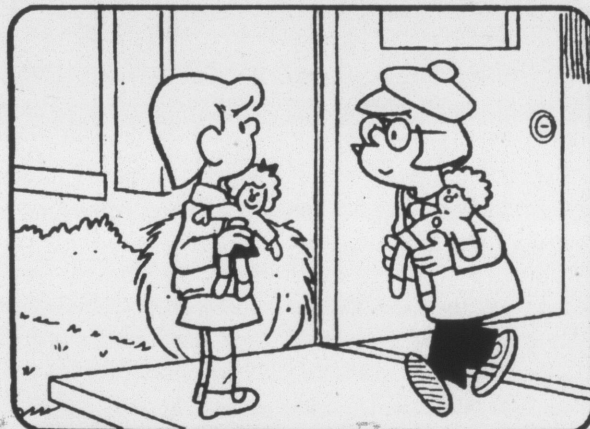
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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Hair is different. 2. Hair is shorter. 3. Buttons are missing. 4. Hair is different. 5. Parts are different. 6. Mailbox is missing.

Trivia test

by Fifi Rodriguez

1. TELEVISION: Which animated series stars a precocious toddler named Stewie Griffin?
2. GEOGRAPHY: Where are the Diomed Islands located?
3. U.S. PRESIDENTS: Former President Jimmy Carter served in which branch of the military?
4. LITERATURE: Which 20th-century novel featured a character named Boo Radley?
5. U.S. STATES: What animal is featured on California's state flag?
6. HISTORY: Which U.S. state was the last to remove a ban on interracial marriage?
7. ANIMAL KINGDOM: What is a group of sharks called?

8. AD SLOGANS: Which products were advertised with a slogan that called them "indiscreetly delicious"?
9. GENERAL KNOWLEDGE: What shape has been used in U.S. stop signs since the 1920s?
10. PSYCHOLOGY: What irrational fear is represented by the condition called alektorophobia?

Answers

1. "Family Guy"
2. The Bering Strait, between Alaska and Siberia
3. Navy
4. "To Kill a Mockingbird"
5. A bear
6. Alabama in 2000
7. A shiver
8. Mounds and Almond Joy candy bars
9. Octagon
10. A fear of chickens

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Wishing Well®

4	5	2	7	2	7	5	8	4	2	3	4	3
A	S	D	P	A	R	E	S	S	R	F	O	E
6	3	5	6	2	7	2	5	3	5	7	5	8
O	A	E	F	I	O	N	K	R	T	N	H	U
6	8	5	6	3	5	6	3	7	5	8	5	7
F	D	E	E	D	T	R	I	O	R	D	U	U
6	2	5	3	8	5	6	4	2	8	6	2	4
C	G	T	S	E	H	O	C	T	N	M	H	I
8	2	4	7	4	7	4	8	2	6	3	7	4
T	O	A	N	L	C	E	R	U	F	A	E	V
8	6	3	2	7	8	7	6	2	4	3	7	6
A	O	P	G	D	N	L	R	H	E	P	O	T
7	8	4	8	2	8	3	8	3	4	3	7	3
V	S	N	F	T	E	E	R	A	T	R	E	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) The week promises a calmer aspect. Although there might be some lingering effects of a recent job problem, things should continue to ease up. Also expect a change in a home-based situation.

TAURUS (April 20 to May 20) If you feel uneasy about a colleague's suggestion, it might be that your wise inner Taurean guide is alerting you to a potential problem. Stepping away could turn out to be the right thing to do.

GEMINI (May 21 to June 20) A family get-together opens up new opportunities for renewing ties. It can be especially effective in dealing with disagreements that should have been, but never were, fully resolved.

CANCER (June 21 to July 22) You might be surprised at the response you get to a recent decision. You might be even more surprised by the reasons behind it. In any event, you'll learn something important.

LEO (July 23 to August 22) Your aspects favor resolving any tensions left over from a recent incident. You might want to consider having a "clear the air" talk as soon as you can. A call can lead to a change of plans.

VIRGO (August 23 to September 22) Avoid repeating yourself. If your first few efforts fail to connect, maybe it's because you haven't found the right way to get your message across. Try changing your approach.

LIBRA (September 23 to October 22) Good intentions plus a strong resolve to suc-

ceed can take you where you want to go. Don't give up just because someone suggests you might be pursuing an impossible cause.

SCORPIO (October 23 to November 21) An unexpected setback can be a blessing in disguise. Use it to recheck your facts and how you've presented them. Meanwhile, look for ways to expand your contacts.

SAGITTARIUS (November 22 to December 21) You should finally be seeing a positive change in a recent personal situation. However, an on-the-job matter might need more attention than you realized. Stay with it.

CAPRICORN (December 22 to January 19) While you should be close to completing an important matter, you still need to focus on being focused. But things ease up in time for weekend fun.

AQUARIUS (January 20 to February 18) A certain matter might take an unexpected turn. Don't simply accept it; ask for an explanation. What you learn might be helpful in shifting the situation around to your benefit.

PISCES (February 19 to March 20) Projecting a positive attitude helps restore calm even when you're confronting some pretty stormy situations. Stay the course. The outcome will be well worth your efforts.

BORN THIS WEEK: While you enjoy tradition and stability, you also appreciate the good things that change can bring.

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CryptoQuip

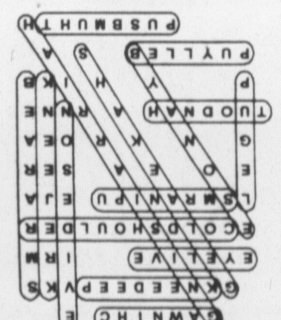
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: B equals L

TMPA FGH JZOP VTFV V KPCLPC
 EMZBZ LPEZSP, KGDPQGX F DZJMC
 KVF FGH'OP KSZBBPX CMP QPVAK.

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Magic Maze ANSWERS:



King Crossword — Answers

Solution time: 21 mins.



CryptoQuip answer

When you give away a secret, you give away a secret. When you give away a secret, you give away a secret.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD -- Kevin Hart's personal shopper, 29-year-old Dylan Jason Syer, was indicted in New York by the Queen's County Grand Jury for grand larceny, criminal possession of stolen properties, identity theft and a scheme to defraud. Hart hired Syer to be his personal shopper from October 2017 until February 2019. During that time Syer allegedly used Hart's credit cards to charge more than \$1 million! Syer also allegedly used legitimate purchases to gain access to Hart's credit cards so he could charge \$923,000 and purchase \$240,000 worth of jewelry, art and other collectibles. These included five Patek Philippe watches (worth more than \$400,000), a Sam Friedman painting, at least 16 Bearbrick collectible dolls, five KAWS collectible dolls and two Louis Vuitton Keepall Bandolier bags. When police arrested Syer, they seized more than \$250,000 in cash and goods. If he's found guilty on all counts, Syer could spend the next five years in prison. Who's got your credit card numbers?

"Paddington 3." The 2014 original cost \$55 million and grossed \$283 million, while "Paddington 2" in 2017 cost under \$20 million and grossed \$228 million. With those kinds of grosses, it was inevitable that sequels would follow.

We knew when "Captain Marvel" starring Brie Larson (2015 Best Actress Oscar winner for "Room") grossed \$1.13 billion, that a sequel was coming. Now set for Nov. 11, 2022, the first female Captain Marvel will have a new opponent, played by Zawe Aston, who previously appeared in "Greta" (2019) and Netflix's "Velvet Buzzsaw," starring Jake Gyllenhaal and Rene Russo. Aston also has a recurring role in season four of "The Handmaid's Tale."

It was bound to happen. They're going to remake "The Wizard of Oz." The last "Oz" film came from Disney and was "Oz the Great and Powerful" (2013). It starred James Franco, Mila Kunis, Rachel Weisz, Michelle Williams and Zach Braff, and cost \$215 million and grossed \$493 million. This one will be produced by Temple Hill and New Line, and it will be directed by Nicole Kassell ("The Woodsman," "Watchman" and "Westworld"). They haven't said much about it, except that it won't be a musical. Going "Over the Rainbow" and not finding any singing Munchkins is going to make it harder to believe that "We're not in Kansas anymore!"

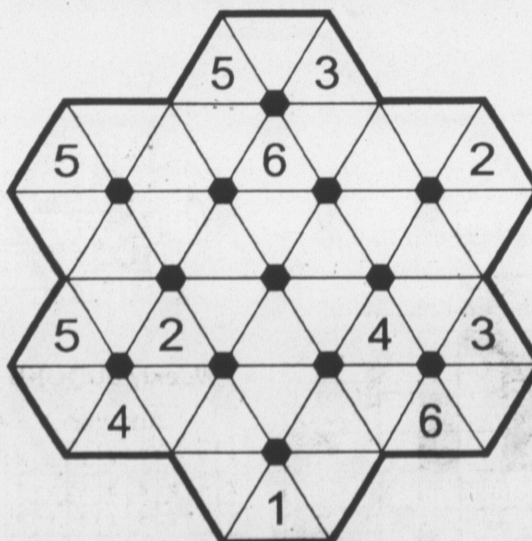
"Downton Abbey's" Hugh Bonneville, at 57, is not slowing down. In addition to "Jingle Jangle: A Christmas Journey," released on Netflix in November, he's got "To Olivia," in which he plays "Willy Wonka" and "James and the Giant Peach" author Roald Dahl (already in theaters in Britain). Bonneville also revealed he's returning with the original cast to film "Downton Abbey 2" (the original cost less than \$20 million and grossed \$193 million) and another sequel,

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	-		x		24
x		+		+	
	x		-		17
-		x		+	
	÷		x		24
21		18		23	

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

2 3 4 5 6 7 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Vintage Sign --- Vintage advertising signs, figures, toys, printed textiles, food tins and labeled bottles are all selling at higher and higher prices. Large signs with pictures of flags, Lady Liberty, figural packages, tins, toys and almost anything with a famous company logo that is in great condition is selling over-estimate at auctions. Online bidding has made it possible to offer advertising pieces to an international market with many bidders. This tin black and white sign in a wooden frame was used to advertise a man who repaired phonographs and sewing machines in the early 1900s. A decorator or collector could hang this vintage sign in a living room or kitchen. The eye-catching, 30-by-21-inch design auctioned for \$1,080 in Massachusetts at Eldred's Auctioneers.

Q: I'm looking for the value of Royal Albert Old Country Roses dinnerware. I have a complete set and can't find any information about it. Can you help?

A: The Albert Works was established in Longton, Stoke-on-Trent, in 1846. The pottery was granted a Royal Warrant from Queen Victoria in 1897 and the name of the company became Royal Albert in 1904. Old Country Roses was introduced in 1962. The company claims it's the best-selling pattern in the world. Over 150 million pieces have been sold. The pattern is still being made. A five-piece place setting, previously used, sells on online for \$40 to \$50.

Q: I have a complete set of Uncle Wiggily books by Howard R. Garis. There are nine books, 10 stories in each one, copyright 1943 by John Sherman Bragg.

CURRENT PRICES
Tiffany trumpet vase, glass, pastel, faceted vertical opalescent bands, clear fading to green ground, footed, signed, L.C. Tiffany-Favrile 1886, 9 inches, \$83.
Bone clothespins, whale-bone, incised lines, wood and acrylic stand, 1800s, each pin 8 1/2 inches, set of 6, \$390.
Russel Wright aluminum tea set, tea pot, sugar and creamer, tray, spun, wood handles, 4 pieces, \$780.
Advertising sign, Bollinger Champagne, bottle, ship, S.S. Constitution leaving harbor, oil on canvas, frame, c. 1930, 38 x 53 inches, \$1,680.

TIP: Never carry a marble tabletop flat. It can break under its own weight. Carry it in a vertical position.

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STICKELERS

by Terry Stickels

Billy can eat one hundred peanuts in 30 seconds. His friend Alex can eat half as many in twice the length of time.

How many total peanuts will be eaten by both in 15 seconds?

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Strange BUT TRUE

* Iguanas have three eyes: two in the normal spots and a third on top of their heads, that only perceives brightness.

* Banks employ therapists known as wealth psychologists who help ultra-rich clients unable to mentally cope with the guilt they feel over their immense wealth, advise on inheritance issues and counsel parents on how to raise children who aren't spoiled by money.

* Tyromancy is the practice of predicting the future with cheese.

* In 2016, a student left a pineapple in an art museum in Scotland. Two days later, it had been placed in a glass case as part of an exhibition.

* "Coffin birth" is a phenomenon that occurs when a pregnant woman delivers a child spontaneously after her death, due to gases that build up in the abdominal area, putting pressure on the mother's uterus and forcing the baby through the birth canal.

* The scientific term for

brain freeze is "sphenopalatine ganglioneuralgia." Now you know why we call it brain freeze.

* Originally scheduled to be erected in Barcelona, the Eiffel Tower was rejected because citizens thought it was an eyesore.

* Alcatraz was the only prison to offer its inmates hot showers, but that had nothing to do with personal comfort. Rather, the reasoning went that if the prisoners were used to the hot shower-water, they'd be unable to cope with the frigid temps of the San Francisco Bay and hence deterred from attempting to escape.

* Hershey's Kisses take their name from the kissing sound deposited chocolate makes as it falls from the machine to the conveyor belt.

* If you point your car keys to your head, it will increase the remote's signal range.

Thought for the Day: "Looking at beauty in the world is the first step of purifying the mind." -- Amit Ray

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Now here's a tip!

by Jo Ann Derson

* "Shaving cream can be used as a spot remover for many carpets. Use only a small amount, and follow up with a damp cloth." -- D.L. in New Brunswick, Canada

* Here's a great rule of thumb in the kitchen: The quicker it cooks, the more direct the heat. So, for a thin piece of steak that'll cook quickly, a cast-iron pan fry will do nicely. For a thicker cut of, say, chicken, you should bake at a lower temp for a longer time.

* To rid a shirt of a deodorant stain, sponge plain white vinegar onto the residue and rub briskly.

* "Need sliced mushrooms for your salad or recipe. They are hard to cut, but you might already have the perfect tool for the job in your kitchen. If you have an egg slicer, get it out. It works very well for mushrooms, and it's easier to

use than trying to cut those slices yourself." -- J.R. in Utah

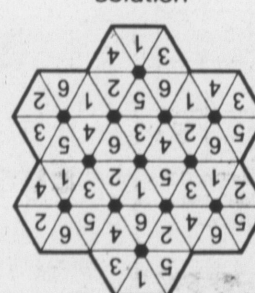
* Got an ink stain? Try using the ubiquitous nowadays (thankfully) hand sanitizer! Apply a little sanitizer to the ink stain, then use a clean, dry white rag to blot, checking the rag often and moving to a different spot on the rag as it takes up the ink.

* To get clothing really clean, don't overfill your washer. Oftentimes, we want to get the laundry done quickly by stuffing in as much as possible, thereby reducing the number of loads. But if there isn't enough space for everything to move about, it can actually keep the clothing from getting clean. Never fill more than three-fourths full.

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SNOWFLAKES

solution



Stickelers Answer

The answer is 62.5 peanuts. Billy will eat 50, and Alex will eat 12.5.

M
A
R

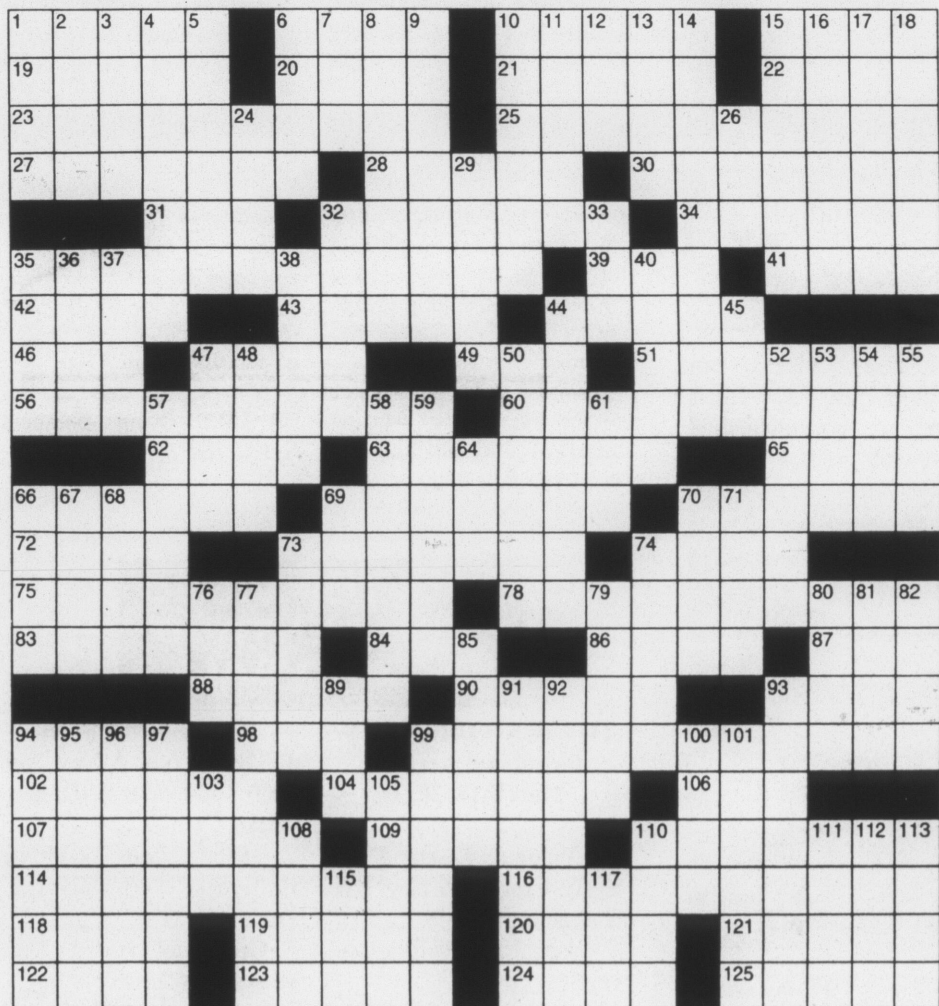
1
8

2
0
2
1

Super Crossword

JUMBLE OF TREES

- ACROSS**
- 1 Item in a place setting
6 Duffels, e.g.
10 Grand tales
15 Hence
19 Boundary
20 "Three Ships"
21 — Park (Edison's home)
22 Took off
23 Really big tree?
25 Fundamental tree?
27 Longs for
28 Franz who composed "The Merry Widow"
30 Early settler
31 "Erin Burnett OutFront" channel
32 Passes on, as a story
34 French brandy
35 Chinese ideology centered around a tree?
39 Actor Mahershala
41 "Family Guy" creator MacFarlane
- DOWN**
- 42 Soon
43 Two of Henry VIII's wives
44 Coagulates
46 "Gunga Din" studio
47 Recorded digitally, in a way
49 LAX datum
51 Wharf locale
56 Tree-dwelling
60 Tree whose trunk curves?
62 Cut of pork
63 Dutch
65 Renaissance scholar
66 Nuances
69 Item in a place setting
70 Of delicate beauty
72 A shot
73 Love-struck
74 Farm vehicle
75 Tree sold at a low price?
78 Cantaloupe growing on a tree?
83 More flavorful
84 Indy circuit
86 Auction site
87 Union promise
88 Slant
- 90 Millionaire-making game
93 Menial type
94 Provoke
98 Corp. wheel
99 Charm exuding from a tree?
102 Nancy of the House
104 Like sown seeds
106 "Ally McBeal" co-star Lucy
107 In total
109 — Gay (WWII B-29)
110 Tea-scenting blossom
114 Tree that makes people think like a French novelist?
116 Window sections through which trees are visible?
118 Richard of "Wicked Woman"
119 "Für —" (piano piece)
120 Romances
121 Florida bird
122 Mail in
123 Steven of Aerosmith
124 Fit of pique
- 125 Plow inventor John
37 "Park" a ship
38 Central Georgia city
40 Gets bested
44 Vivid
45 Egg pouch
47 Slender
48 CBS military law show
50 Fez dangle
52 Small and
53 Chief Norse god
54 Talk wildly
55 Deuce taker
57 Hackneyed
58 Grid of fine lines in an eyepiece
59 Franklin of soul
61 — de-sac
64 See 71-Down
66 Splinter group
67 Laugh sound
68 Golf coups
69 Thurman of Hollywood
70 Funny Carvey
71 With
64-Down, hostile
swarming insect
73 Suit fabric
- 74 Old computer language
76 Entertainer Zadora
77 Gift for a drawer, perhaps
79 Dealt (out)
80 In — of (replacing)
81 Gas leak giveaway
82 Zilch
85 Suburb of Dallas
89 Hack (off)
91 Prohibits
92 High crime
93 Bird feathers
94 Gaps
95 Mammal's fur
96 Comic Tracey
97 Roly-poly
99 Cavalry soldier
100 Actor Ruck
101 Talked like Cindy Brady
103 Alert at sea
105 Car contract
108 As is fitting
110 Joke
111 About
112 — do-well (idler)
113 Punta del —
115 1,000 G's
117 Luau bowlful



celebrity extra

by Dana Jackson

Q: Whatever happened to the actress who played the coach's teenage daughter on "Friday Night Lights"? I was watching an old episode and realized I haven't seen her in anything since the series ended. What a great show it was! -- W.B.

A: "Friday Night Lights" ended 10 years ago after five seasons on NBC. It starred Kyle Chandler as a high-school football coach and Connie Britton as his wife, the school's guidance counselor. It was based on a non-fiction book of the same name by Buzz Bissinger. The series was beloved by fans and critics alike and currently is available on the Peacock streaming platform. Many of its stars have gone on to other projects, but "FNL" will likely live on in their hearts.

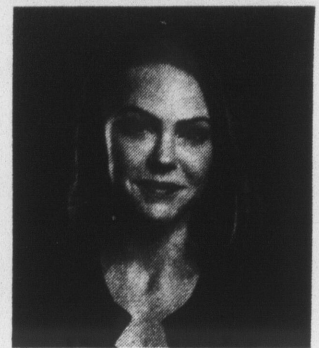
As for the character of Julie Taylor, she was played by Aimee Teegarden, who is now 31 years old. After "FNL" concluded, she appeared in the film "Scream 4" and then was a regular for one season of "The Ranch," a sitcom on Netflix that stars Ashton Kutcher and Sam Elliott. Teegarden recently starred in the

Hallmark Channel romantic comedy film "A New Year's Resolution." You might not recognize her though, as she's now a brunette instead of a blonde.

As for the other "FNL" cast members, Michael B. Jordan, who played Vince Howard, went on to become the biggest star of the bunch with blockbuster films like "Black Panther," "Creed" and "Creed II." Britton starred in two hit shows, "Nashville" and "9-1-1," while you can see Chandler on the big screen in the upcoming "Godzilla vs. Kong."

Q: I was watching the Golden Globe Awards recently and noticed there had been a movie about the singer Billie Holiday. Was it in theaters or on TV? Who is the actress who played Billie? -- A.A.

A: "The United States vs. Billie Holiday" was originally meant for the big screen, but like most films in 2020, it has made its way to the homes of moviegoers. The film was sold to the streaming service Hulu and was released in February. Andra Day won a Golden Globe for her portrayal, which was her first big starring role. She's best known for her hit single "Rise Up," which, along with her album, was nominated for a Grammy in 2016. Her future looks bright whether she



Aimee Teegarden

Photo credit: Hallmark Channel

continues in film or sticks with vocals.

Q: Whatever happened to the TV show "Supergirl"? Is it coming back, or did it get canceled? -- B.H.

A: "Supergirl," starring Melissa Benoist, will return for its final season on the CW network on Tuesday, March 30, at 9 p.m. ET. "Superman & Lois" will be going on a brief hiatus during that time and will return on May 18. "Supergirl" will return again later this summer with its final episodes. When news of its ending broke last year, Benoist stated of her heroic character, "She's taught me strength I didn't know I had ... and I'm forever grateful."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|---------|---------------------|---------|
| 1. Food staple | _____ D | Short rest | _____ K |
| 2. First appearance | _____ U | Accountant's entry | _____ I |
| 3. Blossom | F _____ | Not as fast | S _____ |
| 4. Sit like a bird | _____ C | Australian city | _____ T |
| 5. Kidney-shaped nut | _____ W | Redeemed a check | _____ D |
| 6. Workforce team | _____ A | Overload a suitcase | _____ U |
| 7. Portugal's capital | _____ B | Sonny _____, boxer | _____ T |
| 8. Wedding day star | B _____ | Lion's group | P _____ |
| 9. Spicy Indian dish | _____ U | Tote | _____ A |
| 10. More stable | _____ I | Previous | _____ O |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

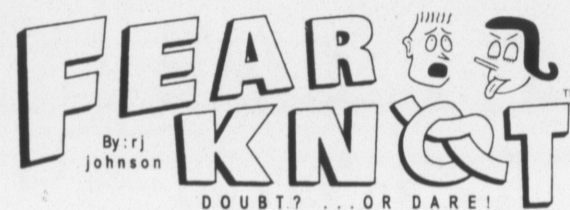
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Super Crossword

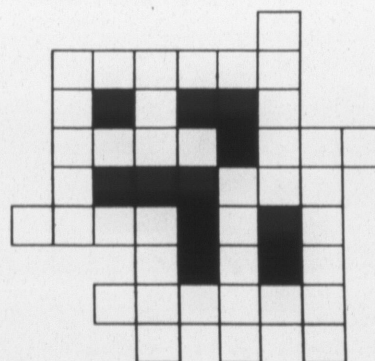


Even Exchange answers

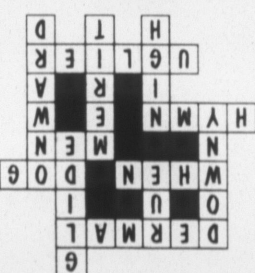
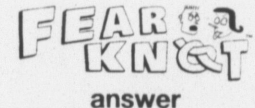
- | | |
|-------------------|--------------------|
| 1. Bread, Break | 6. Staff, Stuff |
| 2. Debut, Debit | 7. Lisbon, Liston |
| 3. Flower, Slower | 8. Bride, Pride |
| 4. Perch, Perth | 9. Curry, Carry |
| 5. Cashew, Cashed | 10. Firmer, Former |



- ENM
MARDLE
♥DIGLE
HING
DAWNOR
URE
YNHM
♥TREIM
♥DGO
♥RIGULE
WYND0
♥NHWE

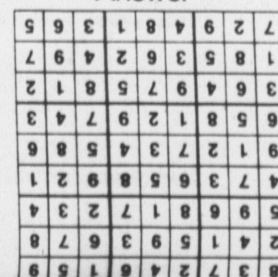


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



Amber Waves

by Dave T. Phipps



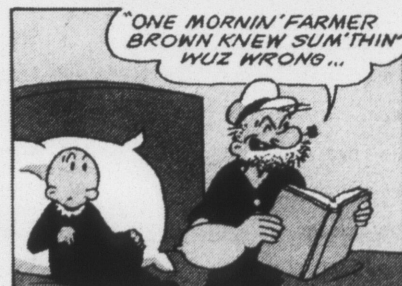
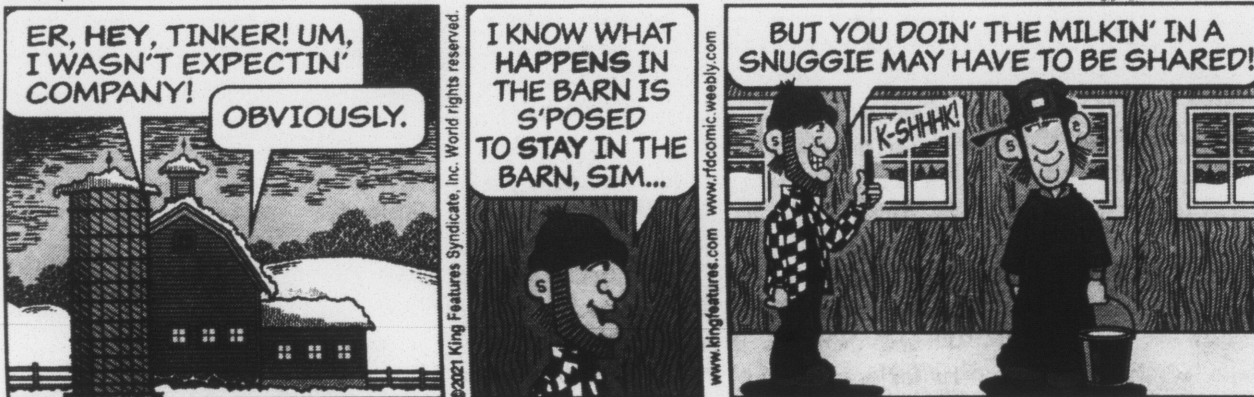
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Shooter
RIPENS

Shoal
FREE

Foil
MISTEY

Bare
UNTIDY

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

4	5	6	4	1	3
3	6	3	2	3	5
5	1	2	1	4	1
5	5	4	3	6	1
1	4	3	4	2	1
1	2	3	5	3	6

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Neighbor Lets His Dog Poop in My Yard

DEAR PAW'S CORNER: My neighbor constantly lets his dog come into my yard and do his business. Sometimes the dog is off leash, and other times he is on the leash while the neighbor just stands there. I'm tired of picking up after this dog! What can I do? Should I go out and squirt the dog in the face with water? -- Frustrated in White Plains, New York

DEAR FRUSTRATED: This isn't the dog's fault at all -- it's the fault of the owner for allowing his dog into your yard. Squirting the dog in the face (or the owner) will not help things and will only escalate the situation. The next time the owner comes by, talk to him -- calmly -- and ask him not to let the dog poop in your

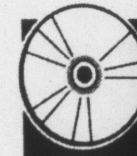
yard, to keep the dog on a leash, and to pick up after the dog. Explain that keeping him on a leash keeps the dog safe.

If the neighbor keeps letting the dog into your yard, or if you don't feel safe talking to this person, then contact the city. White Plains, like many municipalities in the U.S., has a leash law and imposes fines on owners who don't keep their dog on a leash, who don't pick up after their dog, or who allow their pet to go onto someone else's property without permission.

And please, whatever you do, don't take this out on the dog. Pets are unaware of boundaries unless they're trained to stay away from certain areas. They don't realize they're doing something wrong, especially if the owner is not correcting them. It's up to the owner to control his dog while outside.

Send your questions, tips or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of March 15, 2021

- Video on Demand
- The Croods: A New Age (PG) animated
 - Wrong Turn (R) Charlotte Vega
 - Let Him Go (R) Diane Lane
 - Greenland (PG-13) Gerard Butler
 - Wonder Woman 1984 (PG-13) Gal Gadot
 - The Last Vermeer (R) Guy Pearce
 - Minari (PG-13) Steven Yeun
 - Freaky (R) Vince Vaughn
 - Shadow in the Cloud (R) Chole Grace Moretz
 - The War with Grandpa (PG) Robert De Niro

DVD, Blu-ray Sales

- The Croods: A New Age (PG) Universal/Dreamworks
- The Croods 2-Movie Collection (PG) Universal/Dreamworks
- Greenland (PG-13) Universal/STX
- Scooby_Doo! The Sword and the Scoob (NR) Warner Bros.
- Wrong Turn (R) Lionsgate
- The Shack (PG-13) Lionsgate
- The Wizard of Oz (PG) Warner Bros.
- I Can Only Imagine (PG) Lionsgate
- Mulan (PG-13) Disney
- Justice League (PG-13) Warner Bros.

Source: Comscore/Media Play News

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Hitori

answer

6	3	5	3	2	1
1	4	3	4	2	1
5	4	3	6	1	
5	1	2	1	4	1
3	5	2	3	5	
4	5	6	4	1	3

SCRAMBLERS
Today's Word
1. Sniper 2. Reef
3. Symple 4. Nudity

M
A
R

1
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FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Beware the Ides of March. Or so says the soothsayer to Julius Caesar. The mid-March date was known in ancient Rome as a time for settling debts, and in William Shakespeare's tragedy, it's a clear warning of the deadly coming events for Caesar — a knifing courtesy of his friends in the Senate. Which is why it makes me think of all the great movies featuring assassins. Here are eight — some funny, some cult favorites, but every one guaranteed to slay.

Point of No Return — A robbery perpetrated by a strung-out junkie goes wrong and she's given a last-ditch second chance: instead of a death sentence, train to be an elite assassin under the control of the government. Stars Bridget Fonda as Maggie, the would-be assassin, and Gabriel Byrne as her handler.

Grosse Pointe Blank — In a romp that mixes comedy, romance and murder-mayhem, John Cusack stars as Martin Blank, a neurotic assassin having a rough patch. He travels home to Michigan for his 10-year high-school reunion, reuniting with the girl he stood up for prom (Minnie Driver) and chased by a rival killer (Dan Ackroyd).

In the Line of Fire — A cat and mouse featuring Secret Service agent Frank Horrigan (Clint Eastwood) and rogue CIA assassin "Booth" (John Malkovich). Horrigan is the last living agent who served on Kennedy's detail in Dallas, and Booth taunts Horrigan with this fact all while threatening to assassinate the current president.

The Accountant — An autistic young boy with a dysfunctional family and extraordinary math abilities (Ben Affleck) becomes a forensic accountant by day and cold-blooded

killer by night. Dual story lines trace his history with an FBI agent and his current assignment uncovering accounting shenanigans at a medical prothesis company.

No Country for Old Men — The Coen Brothers tackle the neo-crime Western genre when a Texas hunter (Josh Brolin) claims the remains of a desert drug deal gone awry. No crime is secret, and soon hitman Anton Chigurh (Javier Bardem) is dispatched to retrieve the money — by any means necessary.

The Day of the Jackal — The 1973 classic follows a paramilitary group's intent to assassinate French President Charles de Gaulle. They eventually resort to professional assistance in the form of The Jackal, a hit man of infamy, who settles down to business as his identity is slowly uncovered by a Paris detective.



John Cusack in "Grosse Pointe Blank"

Collateral — Jamie Foxx plays a cab driver who takes one last high-dollar fare: a man (Tom Cruise) who offers him \$600 to make a series of stops. Catch is, the fare is a hit man wiping out witness after witness.

Pulp Fiction — Any discussion of movie assassins would not be complete without cult favorites Vincent Vega (John Travolta) and Jules Winnfield (Samuel L. Jackson), from director Quentin Tarantino's breakout film. The philosophical pair stand out for their effortless cool and eminent quotability.

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Contract Bridge

TURNING DEFEAT INTO VICTORY

East dealer.

Neither side vulnerable.

NORTH

♠ Q 10 8 5 2
♥ J 9 8 2
♦ A Q 6
♣ 6

WEST

♠ 9 6
♥ Q 10 5 4
♦ 7
♣ 10 9 8 7 4 2

EAST

♠ —
♥ 7 6 3
♦ K J 10 9 4 3
♣ A K 5 3

SOUTH

♠ A K J 7 4 3
♥ A K
♦ 8 5 2
♣ Q J

The bidding:

East	South	West	North
1♦	Dble	2♣	3♣
5♣	5♣		

Opening lead — seven of diamonds.

It is not uncommon for declarer to be playing in a contract where he appears to have bitten off more than he can chew. In many cases, declarer can do nothing to salvage such contracts, but there are some occasions where careful play can turn apparent defeat into victory.

Here is such a case. South is playing in five spades, and West leads his singleton diamond. Declarer sees

by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

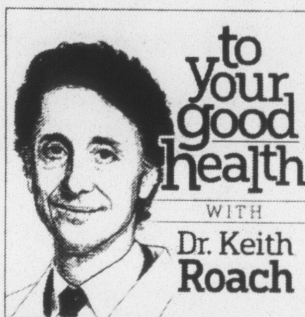
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U J T U I F C F T U X B Z U P D B U D I

B G J T I ? I B W F T P N F P O F U I S P X

J U U P Z P V



Can Mushroom Microdose Help With Depression?

DEAR DR. ROACH: I am battling depression and have a question about psilocybin. I stopped taking Effexor for my depression because I did not like the side effects. I also tried SAM-e, which had only a small effect. So, for the past three months I have been trying cognitive behavioral therapy, using certain tactics.

I've cut back my days of work and avoid all news when not on the job. I stringently avoid social media. I don't put myself into situations that I know will upset me. I am also limiting my alcohol consumption. Lately I've been reading about how microdosing the psilocybe mushroom can elevate or change moods for the better.

I would like to know your opinion on the use of psilocybin for depression. It seems to be gaining traction, but my fear is that it can bring on degrees of psychosis. -- S.M.

ANSWER: I found two studies on psilocybin, a naturally occurring chemical in 200 or so species of mushrooms, especially those of the genus psilocybe. One study from 2016 was in 29 people with cancer, and anxiety and depression: 60%-80% had "clinically significant reductions in depression or anxiety." Another study (also from 2016) treated 12 patients with treatment-resistant depression with two doses of psilocybin, and their depression scores were reduced by more than half at five weeks. All 12 patients had adverse effects, usually mild, such as headache, nausea or confusion. Two patients had paranoia. All adverse effects lasted less than a day.

While I am optimistic that this might lead to an additional option for therapy, these are very small studies. Further, the

authors of the second study note "patients have taken pharmaceutical grade compounds of known strength and purity, under the supervision of trained therapists." The authors and research institution "cannot advise on the procurement of illegal psychoactive substances, nor can we recommend self-medication." I can't emphasize that enough.

DEAR DR. ROACH: Someone I know, who is a nurse, mentioned to me that she had Lyme disease about 15 years ago. She said her doctor at the time told her that if she gets it again, she will die. Is this true? I would have thought some immunity would be gained once you have it. She is completely healed and said she has no health issues associated with it. -- D.S.

ANSWER: Lyme disease is caused by the bacteria Borrelia burgdorferi, and is spread by the deer tick. There are many manifestations of Lyme disease, including rash, many nonspecific symptoms, and late symptoms such as arthritis.

Death from Lyme disease is rare, and is usually a result of carditis, which is heart inflammation. This happens in about 1% of cases of Lyme disease. There were nine cases of fatal Lyme carditis reported between 1985 and 2018.

People who are treated early for Lyme disease, such as those get the classic bull's-eye rash, do not get immunity to Lyme. However, people who have had Lyme long enough to develop arthritis do develop some resistance to future episodes. Unfortunately, we are still at least several years away from a Lyme vaccine.

I could find nothing to support a significant risk of death from people who get Lyme disease a second (or subsequent) time, so I think you can reassure your friend.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Italian Simmered Chicken Breasts

This is one of those "I've got 10 minutes to make dinner, and I'm serving chicken again" solutions we bet you'll love. If you've got a can of soup, a can opener and some tangy spices, you've got the meal under control!

- 16 ounces skinned and boned uncooked chicken breasts, cut into 4 pieces
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1/2 cup water
- 1 1/2 teaspoons Italian seasoning

1. In a large skillet sprayed with olive oil-flavored cooking spray, brown chicken pieces for 3 to 4 minutes on each side. In a small bowl, combine tomato soup, water and Italian seasoning. Evenly spoon soup mixture over chicken pieces.

2. Lower heat, cover and simmer for 15 minutes or until chicken is tender. When serving, evenly spoon sauce over top of chicken pieces. Makes 4 servings.

• Each serving equals: About 162 calories, 2g fat, 27g protein, 9g carb., 304mg sodium, 0g fiber; Diabetic Exchanges: 3 Meat, 1/2 Starch.

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1. What was the title of the last Allman Brothers Band album that included guitarist Duane Allman?
2. Who released "Let's Get It On," and when?
3. Which band released "Black Dog" in 1971?
4. Name the singer-songwriter who released "Forever in Blue Jeans."
5. Name the song that contains this lyric: "It must have been cold there in my shadow, to never have sunlight on your face."

Answers

1. "Eat a Peach," released in 1972. Allman had been killed in a motorcycle accident the previous October. The album contained studio and live recordings from the Fillmore East, a New York City rock venue.
2. Marvin Gaye, in 1973. He was shot and killed in 1984 during a violent argument with his father. Mr. Gaye Sr. received only a few years of probation, even though the second shot was at point-blank range after Gaye was already dead.
3. Led Zeppelin. The title was inspired by a black Lab that hung around the recording studio.
4. Neil Diamond, in 1979.
5. "Wind Beneath My Wings." While numerous artists covered the song, it was Bette Middle in 1988 who released the highest charting version for the soundtrack of the film "Beaches."

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Puzzles4Kids Answer

What is the best way to catch a fish?
Have someone throw it to you.

FUN

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

It's Pi Day! Here's the formula: Take several highly talented leads, mix with a positive or negative force, add a dash of inspiration and turn up the heat — dramatically. No matter how you slice it, movies about the science of numbers are "mathematically" delicious. And what better treat on Pi Day (3.14 ... March 14) than a heaping helping of math movies? It all adds up to plenty of entertaining couch time.

Hidden Figures — Taraji P. Henson, Octavia Spencer and Janelle Monae play a trio of highly influential Black women in the early space program at NASA, who help to create the science, mathematics and engineering necessary to launch astronaut John Glenn into space and bring him home again, all while breaking past racial barriers.

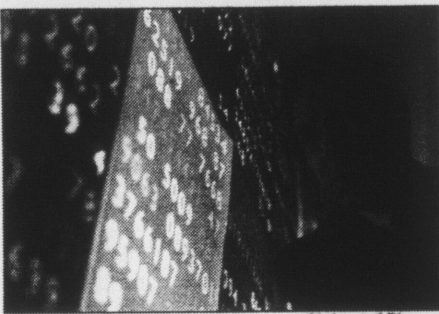
Stand and Deliver — Based on the real-life story of Jaime Escalante (Edward James Olmos), a high-school teacher at Garfield High in East Los Angeles, this film follows a group of written-off Latino kids who took and passed the AP Calculus exam under Escalante's tutelage.

Good Will Hunting — Written by Matt Damon and Ben Affleck, this drama centers around Will Hunting (Damon) — a genius autodidact whose working-class roots keep him in trouble. While employed as a janitor at MIT, he anonymously solves an equation posted for the grad students. When he is found out, a professor arranges for Will to study mathematics and receive therapy in lieu of jail time.

A Beautiful Mind — Directed by Ron Howard, this biographical drama of the life of gifted American mathematician John Nash (Russell Crowe)

chronicles his lifelong struggle with schizophrenic hallucinations that led him to believe he was conducting anti-Soviet research on behalf of the Department of Defense.

Moneyball — What can you do when your ball club is not the winningest and has a tiny budget? If you're Billy Beane (Brad Pitt), GM-ing the Oakland A's in the early aughts, you get creative. Turning away from traditional "gut-based" scouting, Beane pulls together a team that almost wins it all using empirical analysis — assigning players a mathematical value stemming from their on-base percentage.



Russell Crowe in "A Beautiful Mind"

The Imitation Game — This tense historical drama is based on the life of Alan Turing (Benedict Cumberbatch), who helped turn the tide of World War II by decrypting messages sent by the German Nazis using the Enigma machine.

Agora — Rachel Weisz plays Hypatia, a fourth-century astronomer and mathematician in Alexandria, Egypt. She theorizes with a small group of follower-students while civil and religious unrest threaten the world around them.

The Theory of Everything — The tragically triumphant love story of the theoretical physicist Stephen Hawking (Eddie Redmayne) and his wife and partner Jane (Felicity Jones) begins at Cambridge University, where the two meet, and carries through as Hawking is diagnosed with the motor neurone disease that will leave him progressively unable to move.

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Contract Bridge

FAMOUS HAND

South dealer.

Both sides vulnerable.

NORTH		EAST	
♠ 3 2		♠ Q 10 9 8	
♥ 3 2		♥ 7 6	
♦ A K 5 4 3		♦ Q 10 8 7	
♣ 6 5 4 3		♣ J 8 2	
WEST		SOUTH	
♠ J 5 4		♠ A K 7 6	
♥ K J 9 8 5		♥ A Q 10 4	
♦ J 9 6		♦ 2	
♣ A 10		♣ K Q 9 7	

The bidding:

South	West	North	East
1 ♠	2 ♥	3 ♦	Pass
4 ♥	Dble		

Opening lead — six of diamonds.

If you don't believe in fairy tales, you won't believe this happened. It is said that the deal was actually played in the early days of contract bridge — more specifically, in 1927!

South opened the bidding with one spade. Of course, today we'd bid one club, but in those days the principle of opening the suit below the singleton had not yet been developed.

West ventured two hearts, a hair-raising action by present stan-

dards, but people were more sporting in those days. North got into the spirit of things with three diamonds, but at least he had an opening bid by South to lean on.

South thought he'd be unlikely to score many diamond tricks if he undertook a three-notrump contract, so he tried four hearts, even though West had already bid the suit. He was hoping he'd make enough high-card tricks in the side suits and low-card trump tricks to bring the contract home.

West doubled, and North, who had no idea what was going on, passed. West led a diamond, whereupon South quickly wrapped up 10 tricks!

He won the diamond with the ace and cashed the king, discarding a club. He then played a club, losing the king to the ace. Back came a club to South's queen. Declarer then cashed the A-K of spades, ruffed a spade in dummy and a diamond in his hand.

By this time, South had won seven of the eight tricks played and still held the A-Q-10 of hearts, a spade and a club. West had only the K-J-9-8-5 of hearts left.

Declarer led a spade, and West was forced to ruff and return a trump. South won with the ten and exited with a club. Again West had to ruff and return a trump, handing declarer his 10th trick and his doubled contract.

Those were the good old days!

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

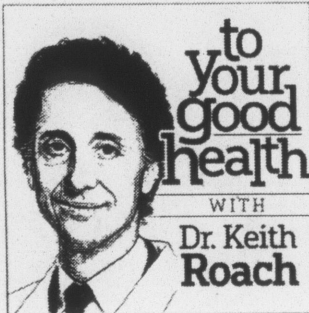
WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT KIND OF DESSERT DOES A RABBIT LIKE?

SEARCH	—	SHARE	CYPRUS	—	SYRUP
ALLEYS	—	YELLS	REPEAT	—	PETER
ALERTS	—	STEAL	DRAKES	—	DARES
CAROLS	—	COALS	PRAISE	—	PARIS
ELOPES	—	SLEEP			
DRIEST	—	RIDES			

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Deep Vein Thrombosis Usually Due to Surgery

DEAR DR. ROACH: I am a 47-year-old woman. Five years ago, I developed a blood clot in my left leg after fracturing my ankle and being immobilized for several months. I was put on a blood thinner, and my ankle healed. Recently that leg started swelling again, and I went for an ultrasound. I was told that I have a chronic DVT, but that I don't need blood thinners. Why do I not need a blood thinner now when I did before? What does "chronic" mean? Why am I getting swelling again five years after the first clot? — L.S.B.

ANSWER: Blood clots can happen in veins or arteries, but the type that happen due to surgery and immobilization are almost always in the vein. That's the "V" in "DVT," which stands for "deep vein thrombosis."

A brand-new blood clot has a high risk of propagating further up the vein, and also of breaking off and traveling through the vein into the heart. Most often, the clot will go on into the lungs, then called a "pulmonary embolus." But in the rare case, the clot can go through a patent foramen ovale, which is sometimes called a hole in the heart, and cause a stroke.

Because of the risk of life-threatening complications, acute DVTs are treated with anticoagulants, such as warfarin (Coumadin) or apixaban (Eliquis). This stabilizes the clot, and after a week or two the risk of propagation or embolization becomes much lower. Most people are treated for at least three months for maximum benefit. Treatment does not dissolve the clot, and a follow-up ultrasound will detail changes that show the clot is no longer acute, hence "chronic." The vein itself is scarred and damaged, and never returns to normal.

"Chronic DVT" isn't the best term, since it confuses many, both patients and physicians alike. I prefer scarred, and some experts use "chronic luminal changes" to differentiate it from

an acute clot. Whatever it is called, it may still be symptomatic.

Most people with a history of a large clot on one leg will notice that leg swells more than the other in heat or with a large salt load. Even so, anticoagulant treatment is neither necessary nor helpful.

Effective treatment for swelling associated with previous DVT includes salt restriction, compression stockings and leg elevation several times during the day. People with more severe symptoms that do not respond to conservative management may benefit from more aggressive therapies, such as placement of a metal stent to let the blood flow better through the damaged area.

DR. ROACH WRITES: I am often asked about screening tests for pancreatic cancer. Despite the promise of new tests, the U.S. Preventive Services Task Force recently re-reviewed the available evidence and continues to recommend against screening in the general population. However, it's important to recognize that these recommendations do not apply to people at increased risk for pancreatic cancer, such as those with familial pancreatic cancer or with some genetic syndromes, such as Peutz-Jeghers syndrome. However, it does apply to people with other risk factors for pancreatic cancer, including smokers and those with new-onset diabetes or chronic pancreatitis.

With better screening tests, or with improved treatments for pancreatic cancer, the balance of benefits (it's currently unlikely to find early pancreatic cancer when it can be treated) to harms (false positive results can lead to unnecessary surgery) may shift.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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PARIS	E	PRASE
DARES	K	DRAKES
PETER	A	REPEAT
SYRUP	C	CYPRUS
RIDES	T	DRIEST
SLEEP	O	ELOPES
COALS	R	CAROLS
STEAL	R	ALERTS
YELLS	A	ALLEYS
SHARE	C	SEARCH

Comfort foods

Made fast and healthy



by Healthy Exchanges

Oatmeal-Raisin Muffins

Somehow, muffins seem to fit the bill for a filling breakfast, a tasty snack and even as an offering for dessert. These muffins are no exception!

- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 1 cup raisins
- Sugar substitute to equal 1/4 cup sugar, suitable for baking
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon apple pie spice
- 1 cup fat-free milk
- 2 tablespoons fat-free sour cream
- 1/2 cup unsweetened applesauce
- 1 egg or equivalent in egg substitute

1. Preheat oven to 375 F. Spray a 12-hole muffin pan with butter-flavored cooking spray or line with paper liners.

2. In large bowl, combine flour, oats, raisins, sugar substitute, baking powder, baking soda and apple pie spice. In a small bowl, combine milk, sour cream, applesauce and egg. Mix well with a fork to combine.

3. Add milk mixture to flour mixture. Mix just until moistened (batter will be lumpy). Evenly divide batter into prepared muffin wells. Bake 18 to 22 minutes or until a toothpick inserted in center of muffin comes out clean.

4. Place pan on a wire rack and let set 5 minutes. Remove muffins from pan and continue cooling on rack. Makes 12 servings.

• Each serving equals: About 129 calories, 1g fat, 4g protein, 26g carb., 140g sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit.

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- Name Joan Jett's first No. 1 hit.
- What song was inspired by the 1962 film "Mutiny on the Bounty"?
- Which Elvis Presley song was written with the melody of a Civil War song?
- What kind of music did Santo & Johnny play?
- Name the song that contains this lyric: "Dig if you will the picture of you and I engaged in a kiss."

Answers

- The first one was also the only one, "I Love Rock 'n' Roll," in 1982. Her first release was Lesley Gore's "You Don't Own Me" in 1979.
- "Sun of Jamaica," by Goombay Dance Band in 1979, especially the part played in the film by Marlon Brando, who is mentioned in the lyrics.
- "Love Me Tender," taken from "Aura Lea," an 1861 ballad. West Point also began using the song, again with different lyrics and title, for graduating classes starting in 1865.
- Instrumentals, usually on a steel guitar. Their best known was "Sleep Walk" in 1959.
- "When Doves Cry," by Prince, in 1984. It was Prince's first No. 1 hit on the Top 100 chart. After his death in 2016, the song climbed the chart again, this time going to No. 8.

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Puzzles4Kids Answer

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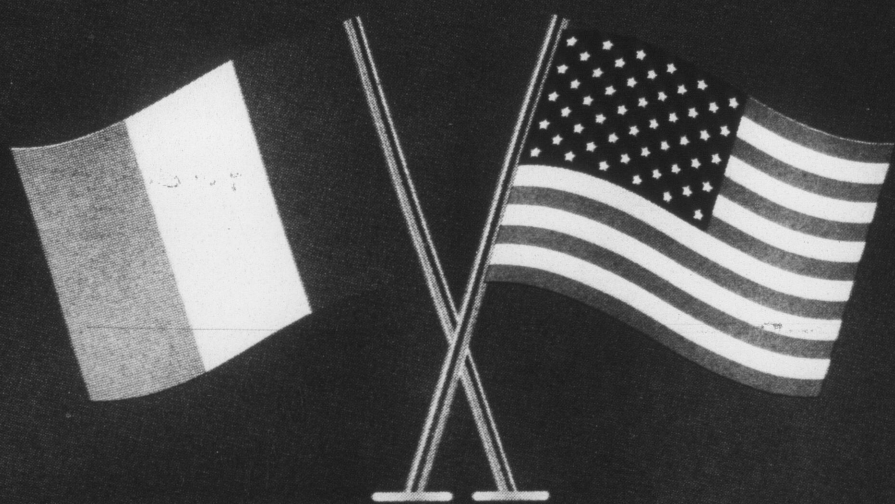
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| 2-4 WEEKS | ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word. |
| 5-10 WEEKS | ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad 10¢ for each additional word. |
| 11 WEEKS OR MORE | ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word. |

☐ Enclosed is \$_____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

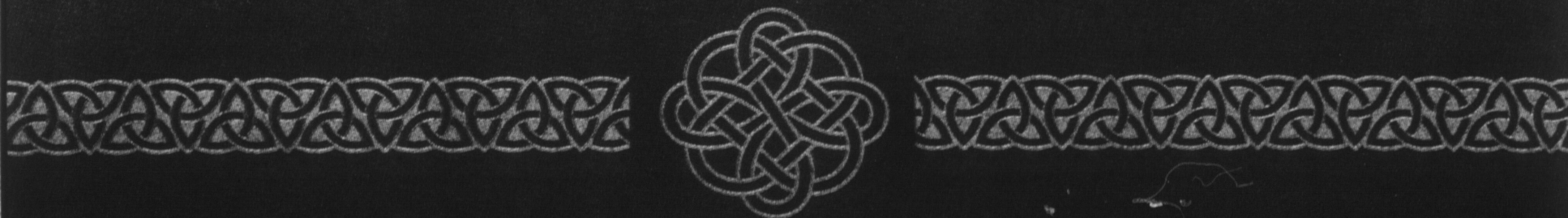
NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION. DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

IRISH AMERICAN HERITAGE MONTH



"It is that quality of the Irish—that remarkable combination of hope, confidence and imagination—that is needed more than ever today. The problems of the world cannot possibly be solved by skeptics or cynics, whose horizons are limited by the obvious realities."

*- President John F. Kennedy's
address to the Irish Parliament June 1963.*



Happy St. Patrick's Day!

Mayor Tom & Christine Koch

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